**Content for leaflet**

**Text**

Step out of your comfort zone and join us on your exercise journey!

If you are new to exercising, please consult your doctor before taking part in any physical exercise.

Physical activity and exercise are important for everyone.

Some benefits of regular physical activity:

Reduce the risk of injury

Improve your quality of life

Push yourself out of your activity comfort zone and you will continue to grow and develop as a person physically and mentally.

We have a team of staff out there ready to welcome you on your activity journey.

Clara, Leeza, Sol and Tom are all here to help!

Cardio classes combine strength and endurance training.

Strength classes focus on covering high rep volumes while working on the correct technique.

**Information for the table**

Body Shock – Monday

Bootcamp – Tuesday

HIIT – Thursday

Muscle Factory – Wednesday

**Icons**

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