**Content for web pages**

**Home page text**

Do you want to improve your health and well-being?

We offer the opportunity for you to exercise surrounded by supportive individuals.

Our fun classes are adapted to cater for a range of fitness levels.

We look forward to helping you achieve your fitness goals.

**Classes page**

**Table design and layout**



**Table content**

HIIT £4.50

Pound it Out £5.00

Step 8000 £6.00