

# Cardio & Tone



bridport  
leisure centre

## Why not give it a go and try our **NEW** Class

**Our Cardio & Tone Fitness Class is an aerobic dance work out  
including toning exercises for all abilities**

**Day: Thursdays**

**Time: 7.00pm - 8.00pm**

**Contact Reception for further information and to book**

[www.bridportleisure.com](http://www.bridportleisure.com)