



**BOOK
NOW!**

Mint Condition

Fitness and Dance for Adults and Children



Children's Classes

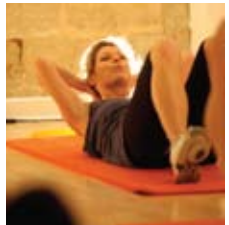
Junior Dance (3-7 years)	Monday	4.00pm
Cheerleading (7-12 years)	Monday	5.00pm
Tae-Kwon-do (5-12 years)	Tuesday	4.00pm
Ballet-Tots (2-4 years)	Friday	10.30am

CHILDREN'S DANCE

Join our teachers Ginny and Eva for these really fun and active classes. Get the chance to perform, learn a new skill and make friends. Call to book today 01420 590590

Adult Classes

Pilates (all abilities)	Monday	7.00pm
Cardio-Jam (all abilities)	Thursday	6.00pm
Saturday BOOTCAMP - NEW!	Saturday	8.00am



Our classes run every term time week throughout the year.
Book now for a trial session. Call 01420 590590



Join a gym with a difference...

Are you looking to get fit and worried about how to go about it or even where to start? Then Mint Condition is for you.

Personal Fitness Training in a unique gym environment is what Mint Condition is all about. In fact, it's how we started, one-to-one with every client returning great results for those hard to reach goals. A personal trainer is invaluable if you are serious about reaching a health and fitness goal in a safe and effective manner.

Call our friendly team today 01420 590590 or
visit www.mintcondition.net

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or email ginny@mintcondition.net**

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