



BOOK NOW!

Mint Condition

Fitness and Dance for Adults and Children



Children's Classes

Join the Mint Condition 'Sky Rockets' Cheer Team. Learn a new skill, make new friends and get the chance to perform.

Junior Cheer & Dance (4-7yrs)
Cheerleading (7-12 years)

Monday
Monday

4.00pm
5.00pm



Adult Classes for all abilities

Pilates classes - Designed to improve your strength, balance, and posture in the whole body.

Cardio-Jam with toning - A fun dance aerobic workout including all over toning and stretch.

Circuit Training - A high energy circuit based class using resistance exercises and fat burning.

Pilates
Cardio-Jam with toning
Pilates
Pilates
Circuit Training

Monday
Thursday
Friday
Saturday
Saturday

6.15pm
6.00pm
9.30am
9.00am
10.00am

Book now for our New Term

**Call 01420 590590, visit www.mintcondition.net
or email ginny@mintcondition.net**

The Barn, Steyne Farm, Binsted, Alton, Hampshire, GU34 4NU

