



# Fitter Healthier Happier.

Call Claire Boyd:  
**07792 046 151**

Would you like to become fitter or lose weight? Are you over 50 or a beginner to exercise?

Yes? Join our circuit classes run by Claire, a qualified circuit class instructor. Along with support and advice, this fun and friendly group will help you to be fitter, healthier and happier!

## MONDAY'S

**St Erth Old School Room**

10.00 - 11.00am  
11.00 - 12.00pm

**Wesley Buildings Redruth**

6.00 - 7.00pm

## TUESDAY'S

**Wesley Buildings Redruth**

10.00 - 11.00am

**Camborne Rugby Club**

4.00 - 5.00pm  
5.00 - 6.00pm  
6.00 - 7.00pm

## THURSDAY'S

**Camborne Rugby Club**

2.00 - 3.00pm

**Crofthandy Village Hall**

4.30 - 5.30pm  
5.30 - 6.30pm

## FRIDAY'S

**Leedstown Village Hall**

10.00 - 11.00am  
11.00 - 12.00pm

## SATURDAY'S

9.30 - 10.30am  
Starting Saturday  
23rd June

Try a **FREE** taster session, just turn up

**£4** for each session

Or, **6** sessions for just **£18.00!**

Personal Training **£25** per hour!

Find out more:  
[www.circuitsrus.co.uk](http://www.circuitsrus.co.uk)

**circuitsRus**  
Fitter · Healthier · Happier