

Stretch, tone and relaxation class



Tuesdays, 5:30pm

Cardio gym, first floor, The James Cook University Hospital
£4 per session

South Tees staff are invited to take part in a stretch, tone and relaxation class run by a professional instructor who incorporates abdominal work with body definition, developing lean tissue to burn more calories.

The friendly, supportive class helps staff to release the stresses of the day and unwind through structured exercise.

All levels of fitness welcome.

For further information contact: Debbie on extension 55687
or: Jacqui on extension 55699