



QUEEN'S CRESCENT COMMUNITY ASSOCIATION
45 ASHDOWN CRESCENT, LONDON NW5 4QE

Circuit Training

Queen's Crescent
Community Centre



LOOSE BODY FAT

VISIBLE RESULTS WITHIN 1 MONTH

TONE MUSCLE

KEEP FIT

INCREASE FLEXABILITY

LOOK FAB, FEEL GREAT

ADVICE ON HEALTHY EATING

CLASSES RUN BY A QUALIFIED TRAINER

(MASTER PERSONNAL TRAINER)

Tuesday, Wednesday and Thursday

10:00am - 11:00am

FOR FURTHER INFORMATION PLEASE CONTACT ZAHRA ON 0207 2676635 OR

E-MAIL: zahra@qcca.org.uk