

WHAT FITNESS LEVEL AM I?

To ensure you are in the right Class to suit your fitness ability, please use the guide below:

All Levels – OPEN TO EVERYONE

This level is for everyone regardless of your fitness ability.

Level 1 – BEGINNERS

New to classes or returning to exercise.

Level 2 – GETTING FITTER

Improving class skills.

Level 3 – ALREADY FIT

Has good experience in class type.

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www.frankleecentre.co.uk