



inspired by **Yoga, Pilates, Bhangra, Bollywood & Belly Dance**



## Holistic Fitness Classes for Women

**Wednesdays 8.15pm - 9.15pm**

**The Lansdown Hall & Gallery, Lansdown Road, Stroud GL5 1BB**

**Fridays 10.00am - 11.00am**

**The Old Endowed School, Church Place, Rodborough GL5 3NF (upstairs)**

Bellyfit will take you on a unique movement journey with uplifting music, feel-good dance moves, strengthening core exercises, gentle & restorative stretches & a closing meditation to leave you feeling centred & refreshed.

£36 for block of 6  
£7 drop in  
£4 concessions

*"Bellyfit is the perfect balance for me"  
"This is the only exercise class I've ever stuck at!"  
"I always feel so much better after class"*

For further info contact **Rosie: 07971 471838**



Bellyfit Stroud