

New Physio Led HIIT Lunchtime Class

****30min workout during your lunch break****



- Core strengthening to help improve lower back pain;
- Fat loss;
- Increased endorphin release;
- Break from work - better psychological state;
- Physio led to ensure no injury occurs;
- Better cardiorespiratory fitness;

WHEN: WEDNESDAYS. COMMENCING JUNE 14TH 2017.

WHERE: THE WESTMINSTER PHYSIOTHERAPY AND PILATES CENTRE.

TIME: 12.30-1PM.

DURATION: 1/2 HOUR.

LEVEL: MIXED ABILITY.

COST: £80 FOR 6 WEEKS OR £15 PER CLASS.

Limited spaces, so please book early to avoid disappointment. Please contact reception at WPPC on 0207 834 3700 or email us at reception@westminsterphysio.co.uk

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