



FREE TASTER MEMBERSHIPS *for Kingsnorth Parish Residents*

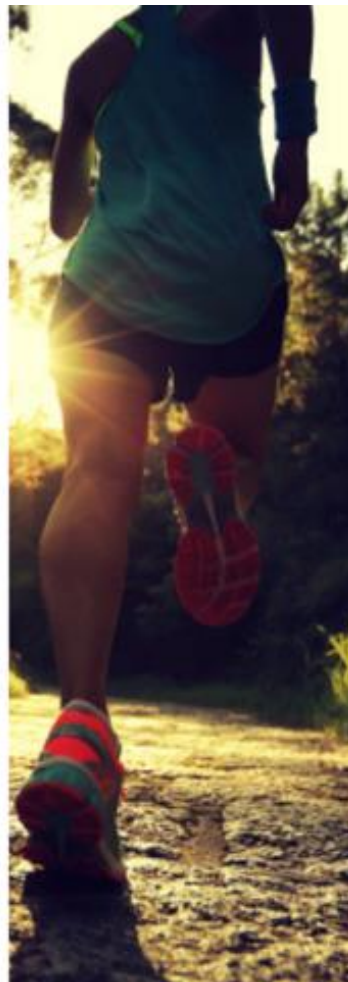
Join in for 4 weeks starting anytime between
now and Black Friday and receive...

- 4 x free group classes of your choice
- 4 x free gym workout sessions
- A free mini programme to use in the gym, designed by our PT's

To claim your **FREE** taster membership, simply come to the Slice of Life reception desk with proof of your address!

Offer is for KP residents only - One per person one time only - Sessions to be booked and redeemed between 9am-12pm weekdays

Kingsnorth Recreation Centre, Field View, Kingsnorth, TN23 3NZ



KIDS FITNESS SESSIONS AUTUMN/ WINTER 2021

KidzFit (ages 7-11)
Fun Fitness Circuits
Tuesday & Thursday 4pm
£3.50 per session

Groove On (ages 5-10)
Funky Dance Fitness
Friday 4:30pm
6 week term £18



Book through the Slice of Life app or on www.slice-of-life.co.uk