

ROCKFIT PROGRAMME

ROCKFIT -
Mondays 6pm - 7pm
7pm - 8pm



MARINE ACADEMY
PLYMOUTH



Introducing Rockfit - the alternative way to workout. A high energy combination of dance, cardio and toning set to a rock and metal soundtrack, guaranteed to get you moving.

Come along and enjoy this fun way to get active.

To find out more call **01752 213951** (Direct sports-line)

Or **01752 213939** (School Reception)

Go to **www.marineacademy.org.uk** Community link

Or contact Rockfit direct - **rockfit@gmx.co.uk**

