

South Docks Festival Wellness Afternoon

ADULT FITNESS

As part of South Docks Festival we are
pleased to offer

POUND FITNESS©



**CHANNEL YOUR INNER ROCKSTAR WITH THIS FULL
BODY CARDIO-JAM SESSION INSPIRED BY THE
INFECTIOUS, ENERGIZING, AND SWEAT-DRIPPING FUN OF
PLAYING THE DRUMS**

2-3 pm Thursday 18th July St Andrews Hall

FREE OF CHARGE

Booking essential

Call reception 01-6771930