

ALL ABILITIES CIRCUIT TRAINING

Come and get fit
this year at
Nuffield Health.

Circuit training is a
great way to
exercise the whole
body, and make
fitness fun!



**Weekly starting Wednesday 10 January
2024
at 10.30am-11.30am
at Nuffield Health, Leatherhead**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with
MFT first and then contact:
01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
visit www.maryfrancestrust.org.uk
or scan our QR code →



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TRUST

Inspiring Mental Wellbeing