



Do you want to lose some weight and get in shape?

Your local Rosemary Conley class offers diet AND exercise and is suitable for any age, weight and fitness level.

Fully qualified instructor in both nutrition and exercise to music.

Approved by local NHS trust and GPs

Classes at St James Centre, Heysham

Mon eve	6 pm - 7.30pm
	7.30pm - 9 pm
Tues morning	10.30 am - 12 noon

Other classes also available in the
Morecambe and Lancaster area

Tel Mandi on 01524 734729

Or visit www.rosemaryconley.com

Or Just come along to the classes!!