



Ladies Legs, Bums and Tums (LBT) - Wickham Skeith

LBT started in November 2013 at Stoke Ash Primary School and was moved to Wickham Skeith Village Hall in January 2014. There are also other classes running in Mellis and Palgrave.

The class looks to improve strength, endurance, flexibility and stamina as well as toning up those key areas! There are fresh ideas and new exercises every week.

The class has always been strongly attended and new members are always welcome to come and join.

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