

PEOPLE GOALS RESULTS

At Realfit we have every aspect of your fitness covered. We are here to help you achieve your goal.

So, if you are bored of your gym routines or just want to try a new way to exercise – try Realfit, you will not be disappointed.









07864 364037 www.realfitcentre.co.uk



- → Friendly, non-judgemental community Fitness centre.
- → Personal trainer led fitness classes.
- → Everyone welcome, ego free health, wellbeing, and fitness.

We strive for a community feel at our centre which is achieved through the personal approach by our staff and to the training.

All our classes are based on small group, functional training and are designed and led by our qualified Personal Trainers.

We offer a broad range of training options, to keep your fitness journey as fluid and exciting as possible and to give you the best chance at success to achieve your individual health, wellbeing and fitness goals.



Senior Movement Crew



Woman's Lift



Boxing



Realfit X



Realfit Class



Strength Club

	MON	TUES	WED	THUR	FRI	SAT
06:30	REALFIT CLASS	REALFIT CLASS	REALFIT CLASS	REALFIT CLASS	REALFIT CLASS	
08:00						BOXING
00:60						REALFIT CLASS
08:60	BOXING		REALFITX		STRENGTH CLUB	
10:00						CIRCUITS
11:00	SENIOR MOVEMENT OVER 60'S ONLY		SENIOR MOVEMENT OVER 60'S ONLY		SENIOR MOVEMENT OVER 60'S ONLY	
11:45					YOGA	
12:30	REALFIT CLASS		REALFIT CLASS		REALFIT CLASS	
17:00		FAMILY FITNESS				Booking available on
17:45				BOXING		our website realfitcentre.co.uk/
18:00	REALFIT CLASS	REALFIT CLASS	REALFIT CLASS	REALFIT CLASS	REALFIT CLASS	or through our great
19:00	REALFIT X WOMAN'S LIFT	STRENGTH CLUB KICK BOXING	YOGA	REALFIT X		GloFox on your mobile device.
20:00	REALFIT CLASS	STRETCH BOXING	REALFIT CLASS	UNDER 25's		

→EXAMPLE TIMETABLE. This is subject to change and constant development, including additional class styles, workshops & seminars, special events and our very own RealFest. We always welcome feedback and suggestions from all of our community.