YELL LEISURE CENTRE

STRONG & STEADY CIRCUITS

WEDNESDAYS
6:45PM - 7:30pm

£7.25

A friendly, full-body circuit combining strength, cardio and movement in one simple, effective workout. Using bodyweight exercises and weights, build strength and improve fitness, all at your own pace.

Contact the Leisure Centre to book a place at 01595 807704 or book online

Shetland Recreational Trust

MORE4life
Shetland more active, more often

Funded by Shetland Charitable Trust