

Please let us know your suggestions, thoughts, ideas, preferred classes and times:

Class	Time	Class	Time
Ballroom fitness		Metafit	
Body attack		Pilates	
Body pump		Spin cycle	
Boot camp		Tai chi	
Circuits (outdoor)		Tap dancing	
Circuits (mixed)		Tone	
Dance fit		Vitality (strength and balance circuit)	
Easy keep fit		Yoga	
Karate		Zumba	
What other classes could you be interested in?			

Do you have any other comments, suggestions, thoughts or ideas?

Please leave your contact details, so we can discuss your suggestions further:

<b>Email</b>	
<b>Telephone</b>	
<b>Address</b>	

Please submit this form by **30 April 2022** at the counter at **The Corner Shop** or email it to **admin@ralstoncommunitycouncil.org**