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### **Commit to Get Fit (Term time only)**

Wednesday: 09:15–09:45

We offer bite sized weekly exercise classes for just £2.50 per person.

The Commit to Get Fit sessions are on Wednesdays (term-time only) from 9.15-9.45am are just 30 minutes and aimed at improving your fitness and toning your body.

### **Location**

Kesgrave Community Centre  
Twelve Acre Approach  
Kesgrave  
Suffolk IP5 1JF

### **Contact**

Cheryl Tye

01473 612648

[cheryl@kwmcc.co.uk](mailto:cheryl@kwmcc.co.uk)

[www.kwmcc.co.uk](http://www.kwmcc.co.uk)

Location: Kesgrave Community Centre - IP5 1JF