

# BEGINNER LIVE FITNESS CLASS WITH GUEST COACH - MIKE.





## Beginner LIVE Fitness Class with Guest Coach - Mike.

Looking forward to tonight's beginner fitness class with PT Mike Russell.

This is Mike's second class, you can find the first on Derval.ie under Fitness > Facebook Group Workouts. This 30 minute class which requires no equipment will start at 8.30pm in the private group.

Don't forget, Kate will be back for a Beginner Sweat session this Wednesday at 8.30pm, check out the event in the private group for details.

If you haven't joined already, start your 7 day free trial & save up to 50% on 3 month & annual memberships.