



Find my Silver Fit Class

Online



Class Type	Day	Time
Stretch & Flow	Monday	08:00 - 08:45
Step & Aerobics	Monday & Friday	09:00 - 09:45
Toning & Fitness	Monday & Wednesday	17:30 - 18:15
Pilates	Tuesday & Thursday	08:00 - 08:45
Walking Fit	Wednesday	08:00 - 08:45
Bone Building	Wednesday	09:00 - 09:45
Posture & Balance	Wednesday	09:00 - 09:45
Toning & Fitness	Saturday	09:15 - 10:00

TRY IT FREE FOR 7-DAYS

Click The Button Below

REGISTER NOW

021 330 5652 | info@silverfit.co.za | www.silverfit.co.za

