

Aston Le Walls Parish Council

Open Meeting

Thursday 13th April 2023

GINA BURGESS – FITNESS INSTRUCTOR

Hello my name is Gina Burgess. I have lived in the Aston Le Walls village for the past 6 years with my husband and two daughters.

I am a Personal Trainer and Well-being Advisor and I run a fitness class in Aston Le Walls village hall every Tuesday evening from 6:30 pm to 7:30 pm. I started the fitness classes in March 2020 and my classes are open to all age groups male and female and all levels of fitness.

All workouts are done to music and in a friendly noncompetitive atmosphere. My aim is to get people moving, laughing while building their strength and fitness.

I have members from Aston Le Walls village and surrounding villages, feedback has always been positive and I am looking to continue offering fitness classes.

I am always pleased to see any new members who might be interested and the first session is free.

Mrs Gina Burgess