

Right Start



Pembrokeshire Leisure is wanting to make group exercise more accessible for you all

How Right Start Works

- *At the beginning of every session talk to your Instructor if you are new to exercise or recovering from injury*
- *They will let you know the length of the session*
- *You decide how long you wish to stay and participate*
- *If you decide to leave before the end of the session just indicate to the Instructor that you have completed your workout.*

R I G H T

Ready for everyone

Inclusive

Great for newbies or injury recovery

Healthy Start

Time Choice



**So now is the time to mix it up and try something NEW...
We hope we can help with removing those mental boundaries to our group classes programmes**