

Get Fit With Kim – Circuit Classes at Knowstone Village Hall

Since launching in January, *Get Fit With Kim* circuit classes have been running three times a week at Knowstone Village Hall. Now in their fifth month, the sessions are proving very popular, attracting an average of 25 participants per week of all abilities . Attendees range in age from 30 to 75, creating a friendly and inclusive atmosphere.

The village hall has been a fantastic venue for the sessions, with plenty of space and excellent facilities. The recently installed speakers have made a real difference, making it easier to deliver high-energy, engaging classes.

The consistent turnout and enthusiastic feedback show there is a real need in the village for this type of activity. The classes have quickly become a valued part of the weekly routine for many local residents, supporting both physical health and social connection.