

Get **FIT** Get **ACTIVE**
Feel **FANTASTIC**
The best of **MTW**



Maidstone and
Tunbridge Wells



NHS Trust

ProBlast Circuit Classes

*From £3.50
per session!

Tuesday Evenings

All Abilities Welcome
17:30 - 18:30

TN2 Community Centre
Lakeside, Greggs Woods Road,
Tunbridge Wells, Kent, TN2 3LZ
10 min drive from Pembury
Hospital.

Wednesday Evenings

All Abilities Welcome
17:30 - 18:30

Beechwood Community Hall,
Tarragon Road ME16 ONG
1 minute walk from Maidstone
Hospital.



Friends & Family

Maidstone & Tunbridge Wells
NHS Trust Employees are
permitted to bring 1 visitor
each per session - subject to
availability.



How to Register

Register by completing the
booking form on:
www.lyfinity.co.uk/problast

*Online Payment price + booking 0.20 booking fee.
Cash payment set at £4.50 per session.

MTW Staff
Only

Start date:
24th Jan