



BADMINTON

CardioBadminton Wednesdays 6.30-7.30pm

Are you Badminton Fit?

Returning from a prolonged absence?

Trying to introduce a friend or family member to badminton?

Cardio Badminton is our brand new and unique exercise class exclusive to Framingham. Cardio Badminton is a fun, sociable group fitness class set on a badminton court and open to people of all abilities and fitness levels. Supported by music and qualified instructor Sally Bridgstock, you'll get to hit lots of shuttlecocks during your class and have a great cardio workout at the same time.

All Classes are bookable PAYG £7.50 via our website 24/7:

<https://www.southnorfolkandbroadland.gov.uk/leisure/framingham-earl-sports-centre>

Based in Poringland out of the Framingham Earl high school.