



# Cardiovascular Work-Out

Every Saturday 5pm – 6.30pm  
Saturday 4<sup>th</sup> June – Saturday 23<sup>rd</sup> July  
Led by Brother Dawar Ghaznavi



**Lose Weight**  
**Develop Stamina**  
**Build Strength**

It is preferred that you bring a pair of 6kg/8kg dumbbells with you to the training session.