

## **FREE Eastleigh fitclub**







Join NOW!

**REG OPEN NOW!** 

beginners to advanced!

Go at your own pace and skill level from

Get serious and join us for a fast paced exciting hour of heart pounding fun!

**Activity Include:** 

- Warm Up
  Strength Training
  Run For Your Life
- · Circuit Training & Intervals



CALL/TEXT: 07542 697346

South West, Hampshire Location https://www.freeadsz.co.uk/x-167869-z

\*\*\*\*\* FREE Fit Club \*\*\*\*\*

Join our 4 Week Body Transformation Challenge! Body analysis, Personal coaching, weigh-ins, nutrition & fitness Call/text NOW on 07542 697346 Location:



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