

# Free Fit Classes with Seaside Fit



**24**  
FIT CLUB  
SEASIDE

**FREE**  
FIT  
CLASS

Kids Recovery  
Welcome Shakes  
£3

Every Monday 7-8pm  
Every Tuesday 11-12

Little Stars  
Parents & Toddler Group

EMMA COLE  
PERSONAL TRAINER

Optional Extras  
Seaside community hub  
Little Stars offer a drop  
& play area for children  
£3 per child  
www.seasidefit.co.uk

Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-565303-z>

FREE Fit Classes are in Eastbourne!

Every Monday evening at 7-8pm and Tuesday morning 11am-12noon we are running FREE Fit Classes to help you get back into shape!

All classes are run by a trained Personal Trainer and people of all abilities are welcome to attend.

- Play facility for children – £3
- Protein Recovery shake – £3
- Wellness Healthchecks – FREE
- Bodystats Tracking – FREE
- Nutritional Advice – FREE

View more information here <http://seasidefit.co.uk/> and we look forward to seeing you!



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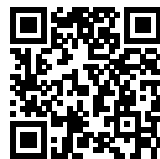
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