

# ARMS LEGS BUMS TUMS LADIES ONLY KEEP FIT CLASS THURSDAYS 7-8pm Eastney



Location

South West, Hampshire

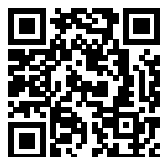
<https://www.freeadsz.co.uk/x-167858-z>



Ladies only toning class 7-8pm £3.50 PAYG Cockleshell Community Centre, Henderson Road Eastney PO4 9SJ (next door to Eastney Swimming Pool )Using small dumbbells to maximise the workout. FREE car parking on site. Friendly ladies only group-A warm welcome guaranteed. Please bring a mat if you have one - ALL fitness levels & ages - REPS Level 3 fully insured instructor leading the group.Call for further info - No need to book a place



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