

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



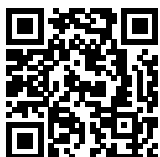
Location

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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