

# FREE Eastleigh fitclub



**FREE Eastleigh  
FIT CLUB!**

**It's Fun!  
It's Fit!  
It's FREE!**

**HEALTHY ACTIVE  
LIFESTYLE  
TRAINING**

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

**Join NOW!**

**Activity Include:**

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

**REG OPEN NOW!**

Go at your own pace and skill level from beginners to advanced!

**fitclub**  
Healthy Active Lifestyle Events

**CALL/TEXT: 07542 697346**

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

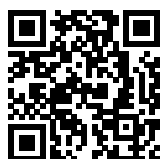
\*\*\*\*\* FREE Fit Club \*\*\*\*\*

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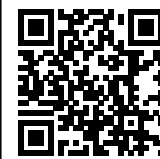
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