

PILATES 6pm TONING LADIES FITNESS CLASS THURSDAYS with dumbbells 7pm Ea



**ARMS LEGS BUMS & TUMS
TONING CLASS
LADIES ONLY
£ 3.50**

**Thursdays 7-8pm
Cockleshell Community Centre,
Henderson Road, Eastney.**

Location

South West, Isle Of Wight

<https://www.freeadsz.co.uk/x-319833-z>

PILATES CLASS £5 (£4.50 Military/dependants) 6pm Ladies only toning class, ALBT, Arms Legs Bums Tums using dumbbells (provided) 7-8pm £3.50 PAYG Cockleshell Community Centre Henderson Road Eastney PO4 9SJ (next door to Eastney Swimming Pool) Car parking on site. Friendly ladies only group warm welcome guaranteed. Please bring a mat if you have one - ALL fitness levels & ages - Qualified & fully insured REPS Level 3 instructor leading the group. Call for further info 07986900262 - No need to book a place. Look forward to meeting:)



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THURSDAYS with dumbbells
7pm Eastney 3.50 per session
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