

## Fitness League (4 GBP)



Location **South West, Dorset** https://www.freeadsz.co.uk/x-356396-z



Low Impact dance exercise classes. based on good core and posture. Mobilise your joints, strengthen and stretch your body through exercises, work your heart and lungs and have fun in a relaxed and friendly class. Monday 10am Creekmoor Community Centre, Wednesday 9.30am plantation rd, Poole (limited spaces) and Friday 11am Broadstone Methodist Church Hall, Broadstone.;

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