

# Total Body Conditioning Class in Old Town Eastbourne (5 GBP)



Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-368417-z>

Total Body Conditioning - Get fit and tone up from head to toe Total Body Conditioning incorporates strength and cardio segments using equipment such as hand weights, floor mats and resistance bands, for a total body workout. Exercises which condition and tone the legs, bum, tummy and upper arms are included, as are exercises which raise the heart rate and condition the heart and lungs. Through regular attendance at a Total Body Conditioning class, you can expect to benefit from head to toe. You will feel more toned, more energetic and physically fitter. Combined with healthy eating, it will also help you to shift the calories and burn off excess weight around the arms, stomach, bum and legs. Time: Monday 6.00pm-7.00pm Starts: Now Level: Suitable for all levels. Cost: £7.00 drop-in/£6.50 per session when booked termly. Info: Please wear light clothes and wear sensible trainers. Refreshments: Tea, coffee, drinks and snacks available. Telephone: 01323 639 883 Address: Eden Blue, Unit 19, 1 Green Street, Eastbourne, BN21 1QN Website: [www.edenblue.co.uk](http://www.edenblue.co.uk) Email: [click to contact](#) Facebook: <https://www.facebook.com/edenbluecentre> Twitter: [twitter.com](#)



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