


Fitness Classess (5 GBP)



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-391656-z>



Fitness Classes With Pearl All low Impact overall Toning classess, improving Muscle tone,working on upper and lower body improving Core Stability overall fitness levels and FUN. So why not try one of the classes below, FIRST CLASS FREE. Mon 10:30 to 11.15 Chair Based Exercise (£4.00) Mon 11.30 to 12.30 Fitness Pilates Conditioning Mon 12.45 to 13.45 Fitness Pilates Conditioning Mon 14.00.to 15.00 Exercise to Music All £5 per class Please Book spaces limited Younique Wellbeing Studios 11a Windmill Drive Bexhill 01424 217630 01424 2176...(click to reveal full phone)

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