

Free fitness classes for a week Totally Shredded coming soon

Want to get fit and have a party while the kids are in school?

Want to feel great and enjoy your fitness class? Want to dance in the dark with glowstick and disco lights?

CALL or EMAIL NOW to secure your **FREE CLASS**

Text CLUB to 07764 198765 for your **FREE trial class**

Helena@4fitsake.co.uk

LIMITED AMOUNT OF FREE SPACES!

Clubbercise 4fitsake
Fitness with Helena

IS YOUR SOLUTION!

Tadley Memorial Hall, The Green, Tadley
Wednesday 10.30 am

CONTACT US TODAY FOR MORE INFORMATION AND TO BOOK YOUR **FREE CLASS**

Location

South East, Berkshire

<https://www.freeadsz.co.uk/x-445637-z>



Fitness classes suitable for all!! It doesn't matter your shape, size, level of fitness, age or ability. We guarantee you will feel welcome. Visit www.4-fitsake.com and click on claim free class, we will then send you out a weeks pass to try all of our classes for!!



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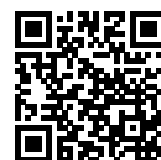
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