

# Bored at the Gym Try Strong Women Instead - Harrow, Tuesday amp Thursday 7pm -



Location

London, London

<https://www.freeadsz.co.uk/x-458981-z>

Fed up with endless cardio and repetitive routines. Want to try something completely different. Come join us in Harrow and be part of a brand new exercise movement just for women. We have combined strength and conditioning and martial arts moves to create a unique, infinitely varied and incredibly effective exercise system. Whatever your fitness goals Strong Women can help you. With no two sessions ever the same we'll teach you how to push, crawl, punch, jump, pull, knee, sprint, lift and kick to name but a few. And we can test you too so you can see how far you have progressed with our unique grading system. Our promise is that with our training and support, no matter what your starting point, you will get incredibly fit. Check out our YouTube video on the video link page above as to see us in action. Or check out our website for more details. Make no mistake, with Strong Women you will experience a fantastic workout. Beginners welcome - All equipment provided - Small class sizes - Personal instruction Places are limited so get in touch soon Contact us now for a free trial session 'Strong Women – Be part of'

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