

# Bournemouth Fit Club (Free)



**FREE Bournemouth  
FIT CLUB!!!**

**It's Fun!  
It's Fit!  
It's FREE!**

**HEALTHY ACTIVE  
LIFESTYLE  
TRAINING**

Get serious and join us for a fast paced exciting hour of heart pounding fun!

**Join NOW!**

**Activity Include:**

- Warm Up
- Strength Training
- Run For Your Life
- Circuit Training & Intervals

**REG OPEN NOW!**

Go at your own pace and skill level from beginners to advanced!

**fitclub**  
Healthy Active Lifestyle Events

**CALL/TEXT: 07542 697346**

Location **South West, Dorset**  
<https://www.freeadsz.co.uk/x-505520-z>

\*\*\*\*\* FREE Fit Club \*\*\*\*\*

Join our 4 Week fitness class!

Body analysis, Personal coaching, weigh-ins, nutrition & fitness

Call/text NOW on 07542 697346 07542 6973...(click to reveal full phone number)

Location: Bournemouth



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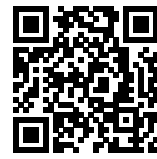
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