

# Healthier, happier YOU (5 GBP)

**VIGO FITNESS**  
CIRCUIT BASED EXERCISE FOR ALL

**FITNESS IS NOT ABOUT BEING BETTER THAN SOMEONE ELSE...IT'S ABOUT BEING BETTER THAN YOU USED TO BE.**



**SESSIONS EVERY MONDAY**  
VIGO VILLAGE HALL 7.30pm for 7.45pm  
ALL Men and Women (over 18)  
£5 a session

**CONTACT LOUISE DOWNING**  
(PERSONAL TRAINER)  
07903712210  
6DTWELLNESS@GMAIL.COM  
WWW.6DTWELLNESS.CO.UK

**GDT WELLNESS**

Location **South East, Kent**  
<https://www.freeadsz.co.uk/x-557034-z>



Want to get to fitter but struggle to do it on your own? Join us at Vigo Fitness 4 U on Monday evenings at 7.30pm-8.45pm in Vigo Village Hall, Kent. For as little as £5 a session you can come and work out in a fun and friendly atmosphere.

Whether you are fit and looking for something extra, or haven't exercised in years, this class is for YOU. Regardless of ability anyone (18+ years) is welcome to come and take part in our circuit based exercise class.

Contact Louise via email: [click to contact](#)

Check us out on Facebook: [Vigo Fitness & GDT Wellness](#)

Also available for Personal Training & nutritional advice (prices vary) - please send enquires via the email address [click to](#)



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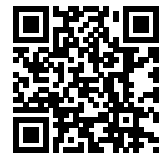
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