

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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