

Free Fit Classes with Seaside Fit

24
FIT CLUB
SEASIDE

FREE
FIT
CLASS

Kids
Welcome

Recovery
Shakes
£3

Every Monday 7-8pm
Every Tuesday 11-12



Little Stars
Parents & Toddler Group

EMMA COLE
PERSONAL
TRAINER

Optional Extras
Seaside community hub
Little Stars offer a drop
& play area for children
£3 per child
www.seasidefit.co.uk

Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-565303-z>

FREE Fit Classes are in Eastbourne!

Every Monday evening at 7-8pm and Tuesday morning 11am-12noon we are running FREE Fit Classes to help you get back into shape!

All classes are run by a trained Personal Trainer and people of all abilities are welcome to attend.

Play facility for children – £3
 Protein Recovery shake – £3
 Wellness Healthchecks – FREE
 Bodystats Tracking – FREE
 Nutritional Advice – FREE

View more information here <http://seasidefit.co.uk/> and we look forward to seeing you!



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