

Urban Jump Trampoline Classes



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-570782-z>



Action packed trampoline fitness sessions that will improve cardiovascular performance, balance and improve core strength. All those amazing health benefits but with a lower impact on joints compared to activities such as running.

Visit www.urbanjump.co.uk for more information and to book a!



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