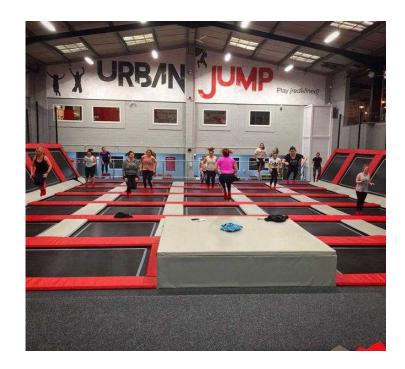


Urban Jump Trampoline Classes



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!

