

# Forever fit



Location **South East, West Sussex**  
<https://www.freeadsz.co.uk/x-570833-z>

Happy, Healthy , longer lives  
 Say Strong  
 Reduce the risk of failing  
 Guaranteed improvement  
 Helpful coaches  
 Social time and free coaches  
 Fun classes (mornings only)

Forever fit  
 Sustained health and well being  
 A friendly , busy exercise club with over 15 years expertise in fitness for the over 50's which is motivational, supportive, fun and welcoming to all  
 Come and see how we can help you with no obligation  
 No joining fees  
 No contract  
 01273 944089 01273 9440...(click to reveal full phone number)  
[www.changehove.com/foreverfit](http://www.changehove.com/foreverfit)



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