

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



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