

Moving Fitness

FREE sessions starting this spring!



A new and exciting weekend outdoor fitness programme for the more active older person is starting 6th/7th March 2010! Book your place now for a 10-week lifestyle change, exploring real everyday conditions in the fresh air! It's an all-over experience! Sessions are at Eastbourne, Bexhill and Hastings.

Call Terry Keen on 07711 884388

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for more details!

