



EDENMORE



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OPEN NIGHT

THURSDAY 12th AUGUST

SCHEDULED ACTIVITIES;

- Body composition
- Postural analysis
- Trial classes (spin, circuits, core)
- Nutritional seminar

EVERYONE WELCOME!

Bring along your friends and family.

Please contact us if you wish to participate in the spin class as places are limited

TEL: 02892 613838

EMAIL: countryclub@edenmore.com

Light refreshments will be provided
(Don't forget your training kit!)

