



*Thought about making lifestyle changes?*  
**30 min Circuit Class**

***Mondays - 2.15pm until 2.45pm***

*Outdoor Gym @ Cliff Park, Main Road, CO12 3NS*



- ◆ *Improve Your Health + Fitness*
- ◆ *Get Stronger + Shape Up*
- ◆ *Meet New People + Make New Friends*

**It's FREE!**

*For more information please contact CVS Tendring*

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