

Diet and Fitness Class

at

Waterlooville Baptist Church

Wednesdays 5.45 - 7.15

Weigh-in

Warm-up and Exercises, Nutritional Advice

Enjoyable and effective

Further information from Church Administrator

Tel 023 9225 0206

administrator@waterloovillebaptist.org.uk



£3 per session
no extra fees

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