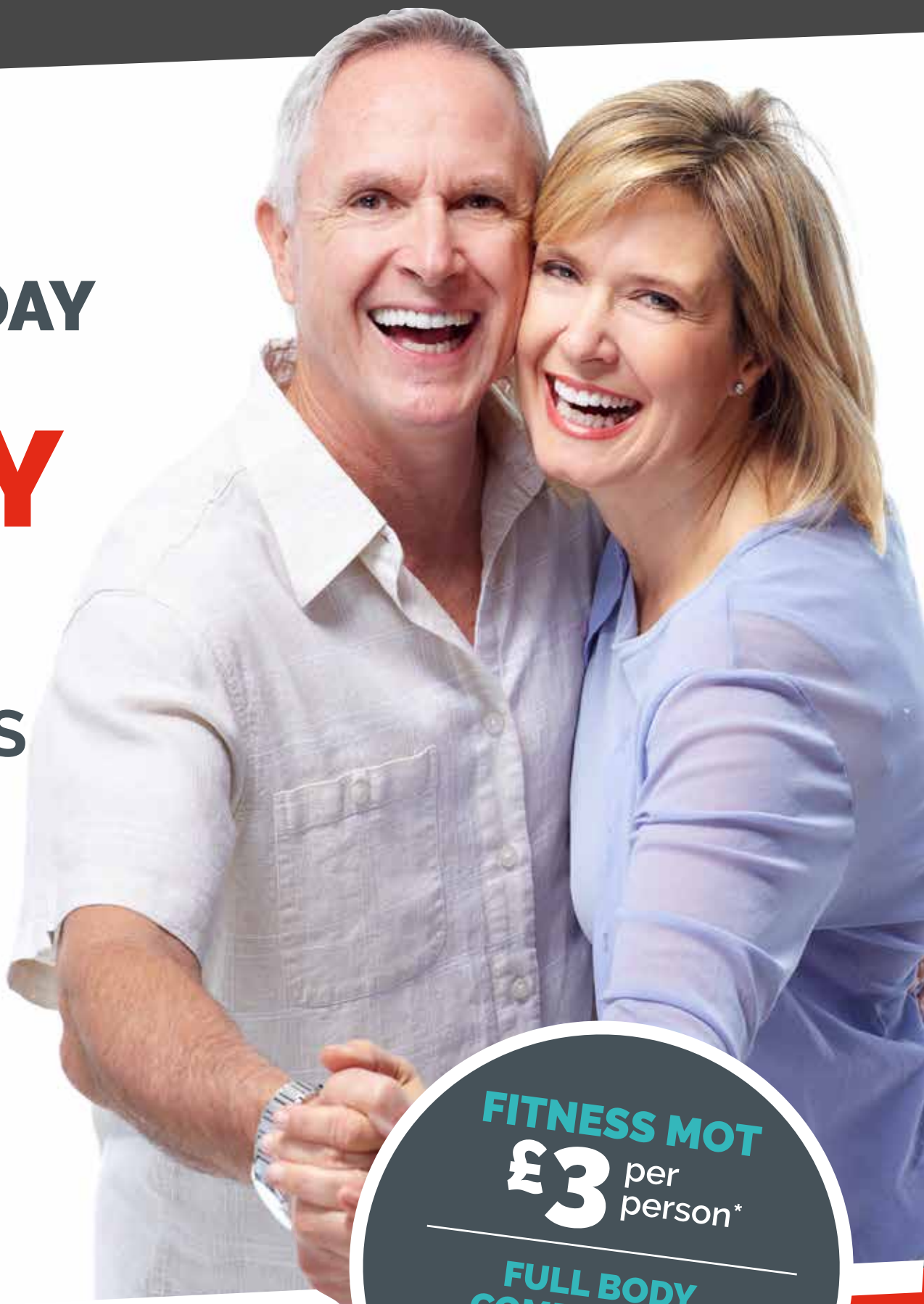


OVER 60

Is it about time you had a **Fitness MOT?**

To celebrate
WORLD HEALTH DAY
we are offering an
OPEN DAY
**FOR FUNCTIONAL
FITNESS MOTS
FOR OLDER ADULTS**

**Thursday
29th March**
Portal Sports Hall
12pm-4pm



FITNESS MOT
£3 per person*

**FULL BODY
COMPOSITION
ANALYSIS**
£2 per person*

*Payable on the day

For more information please visit

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