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# MELT BODY FAT WITH CAT ON **Thursday\*** MORNING!

GYM AND TONIC HEALTH CLUB

## FREE WEIGHTS BLITZ!!

Thursday 9 a.m warm up on the gym machines

AT THE GYM & TONIC CENTRE  
BROAD STREET  
HAY ON WYE  
01497 822995

FIND THE GAP BETWEEN THE CHIPPIE AND BUTCHERS, THEN TURN LEFT  
this is a drop in class for all and everyone! £5

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