

# Токеи

The Hidden Gym  
and  
Martial Arts Centre

**Beginners very welcome**

come and try a lunchtime class:

Aerobics Body Conditioning Yoga

Fully Equipped Gymnasium

Pilates Circuit Training

**Alternative treatments include:**

Sports Massage Chinese Herbal Medicine Acupuncture

Osteopathy Shiatsu

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**SPECIAL OFFER**

Join now - train for **FREE** for the rest of the month

£35.00 taken on the 1st of every month by standing order only