

# Notice

TO ALL OWNERS & RESIDENTS:

Ref No. 19-31

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## FITNESS TALK / PROPER USAGE OF GYM EQUIPMENT

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There will be a short Fitness Talk on getting started (for all beginners) plus a proper usage of Gym equipment

Date: 29<sup>th</sup> June 2019

Time: 3.00 PM

Venue: GYM

Kindly register at the Management Office

**Thank you.**

**The Management**

**Date: 26<sup>th</sup> June 2019**

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**PERBADANAN PENGURUSAN KIARAMAS CENDANA**

(PTG/WP.20/1/2330)

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