



## **EX ARMY PTI PERSONAL TRAINER**

Want to loose weight?

Are you unhappy with your body shape?

Confused about diet and nutrition?

Would you like the help and support to achieve your Goals?

Does this sound like you? Sign up now to my

**4 WEEK BODY BLAST!!**

**6.15am Group PT Class every Tuesday and  
Thursday Shortlands Park**

**ONLY 6 PLACES AVAILABLE**

- 1-2-1 consultation and Goal setting
- 8x 60 minute group Fitness sessions
- Online support and advice
- Free access to group class every Saturday

**ONLY  
£120!!**

**STARTS ON THE FIRST TUES OF EVERY MONTH**

**6 PLACES AVAILABLE**

**CALL NOW TO FIND OUT MORE 07532 063 092**

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