

WEDNESDAYS
6-7PM
STARTING
JAN 19TH



FREE
GROUP
PERSONAL
TRAINING

NEW YEAR
NEW YOU

07514 188 318

info@andfitnessforall.com

Spaces are limited - email, call or text to book now. Free goody bag for early sign ups!

- Fun, hour-long sessions led by a professional Personal Trainer
- Build strength and fitness
- Great for mind and body
- All adults and levels of fitness welcome

**BOOK NOW TO START
YOUR FITNESS JOURNEY!**

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Tel: 07514 188 318

And Fitness
For All.

