

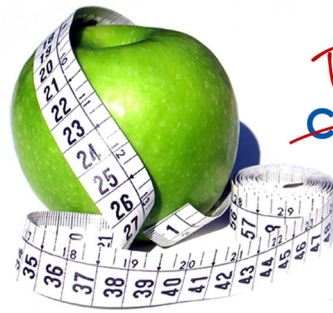


ladies who lunge

A NEW LADIES FITNESS GROUP COMBINES EXERCISE WITH ALL THE FUN OF A GIRLY GET-TOGETHER FOR GUARANTEED SLIMMING SUCCESS. WHAT BETTER EXCUSE TO SHOP FOR A NEW SUMMER WARDROBE

Finding the motivation to exercise can be a challenge, especially when you are embarking on a regime on your own. Making a weekly commitment to work out with a group of like-minded women can however be surprisingly easy to stick to. Sue Kitson is a Personal Trainer based in Maidenhead who knows that exercise is much less of a chore when it is made fun by good company and a relaxed approach. Sue has set up women only training sessions in a private gym which caters for all levels of fitness. Each class is different with a variety of exercises including cardio, weights, the all important abs and even having fun on the boxing pads. The sessions are held at the gym in Braywick Park, Maidenhead on weekday and Saturday mornings.

For more information about the classes or personal training call Sue on 07800 571 791 or e-mail her at sue.kitson@gmail.com. Alternatively, you can visit her website at www.suekitson.com and find out lots more information including your own BMI level.



Treat
~~Cheat~~ Yourself...

Get Fit, Lose Weight & Have FUN!

Ladies Fitness Classes

Small Group Sessions (To Suit All)
Weekday and Saturday Mornings
Braywick Park, Maidenhead

Contact Sue for more information

Sue Kitson

www : www.suekitson.com

tel : 07800 571 791

e-mail : sue.kitson@gmail.com

About Sue Kitson

Sue Kitson is passionate about giving people of all age groups and abilities the opportunity to experience how invigorating and fun exercise can be. Over the last 6 years Sue's business has expanded to include other Personal Trainers all with their own specialist areas.



Sue is able to offer a selection of opportunities to suit every persons circumstances, including Personal Training, Partner Training, half hour "Burst" PT sessions for the busy person, small Ladies Groups (held in a non intimidating environment) and rehabilitation exercise prescription for people with health problems.

With a client base aged from 20 to over 70 Sue's expertise and friendly, infectious approach will leave you wondering why you didn't start sooner.

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Her classes involve different exercises every week

she takes an interest in you as a person

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Helen Bumford, Client

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