

“NO PAIN, LOTS TO GAIN“

“AN EXPERIENCE NOT TO BE MISSED“

CLIENTS SAY

“You have switched a light on in my head.”

“Six weeks ago I was feeling very unfit and useless. Your course was brilliant and has made me feel much more motivated, energetic and confident about myself.”

“I’ve had one induction before in a gym and never went back, but this is great!”

“It was very helpful to do this privately, without feeling intimidated by other very fit people.”

“Your nutrition advice was very helpful.”

“This course has given me the confidence to go for an interview for a job.”

“I have lost half a stone without having to try too hard, just being more aware of what I eat and portion sizes.”

“I’ve never gone near the weights area in a gym before, but this weight training is brilliant! I love it!”

“I’ve never enjoyed exercise like this before.”

“Being part of a group was great fun.”

“Your encouragement has made me realise that everyone can benefit from exercise: that you can work at your own level and it doesn’t matter if someone else is better than you.”



PATHWAYS TO HEALTHY LIVING

NO PAIN, LOTS TO GAIN

(6 week course at less than half the cost of personal training)

TRAIN TO GAIN

PARTNER TRAINING

PERSONAL TRAINING

You’ve got nothing to lose but everything to gain!

So ring **Sue** today for an informal chat

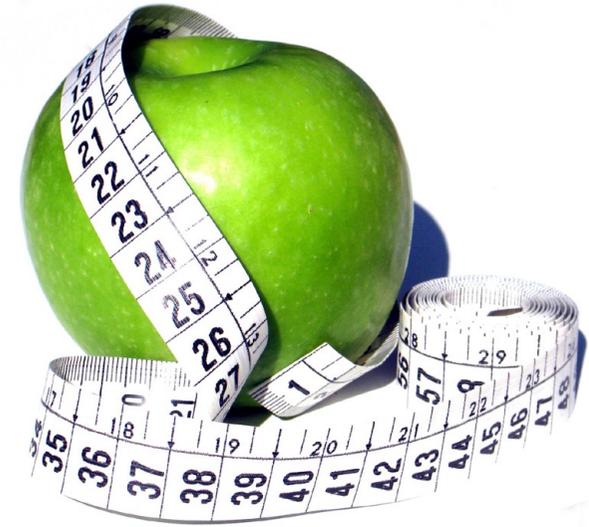
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Treat
~~Cheat Yourself...~~





**HAVE FUN WITH
THIS UNIQUE OPPORTUNITY**

Join a small group of like minded people enjoying exercise in a *private* gym and surrounding countryside.

Be guided by a professional trainer introducing you to...

- Weights
- Swiss Balls
- Resistance bands
- Indoor Cycling
- Medicine Balls
- Power Walking
- Healthy Eating

..... and lots more!

INTRODUCING A HEALTHIER LIFE STYLE

EXPLODE THE MYTH

Exercise is a bore or just a chore

NOT SO

This course provides invigorating exercise in an exclusive safe environment free of intimidation, judgement and competition.

You will be encouraged and supported every step of the way to discover your inner strengths and abilities.

ABOVE ALL

Regardless of your fitness level Experience **Personal Achievement**



EVERYONE DESERVES TO FEEL GOOD ABOUT THEMSELVES

If you have little or no knowledge of exercise or even suffer from problems related to...

Weight, Stress, Blood Pressure, Depression, Diabetes

or perhaps you

Lack Confidence, Motivation or Self-esteem

*...then **this is the course for you!***

