

FEMALE FITNESS

30 MIN STRENGTH & CARDIO

Get Ready, Get Set, Get Fit...
In only 30 MINUTES!

NEED TO GET FIT?

LOSE WEIGHT?

tone up?

COME & JOIN
THE NEW LADIES ONLY FITNESS CLUB
IN WOODLEY OFFERING...

RESISTANT
TRAINING

CARDIO
WITH
SPINNING

30 MIN
CIRCUIT
TRAINING

FULL BODY
WORKOUT

TO SIGN UP CALL 0118 327 8472

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