








Fitness Package

Can you beat this for value?

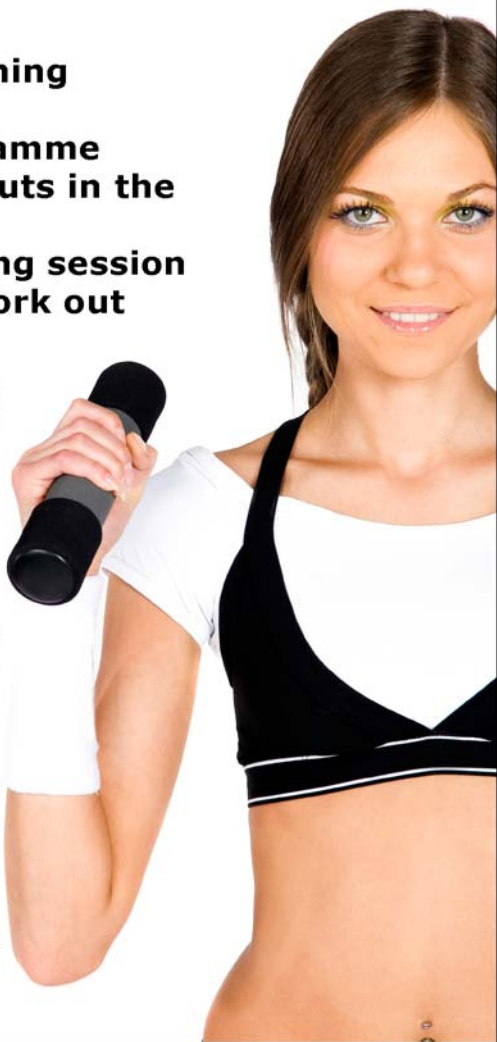
-  **A one-to-one Personal Training session**
-  **A personally tailored programme**
-  **Ten (yes that's ten!) workouts in the Gym**
-  **A follow up Personal Training session**
-  **Swim included with your work out**
(during public swimming sessions)

All this for just £60!

(separate activity cost to non-member would be £165, that's a saving of over £100!)

Various Membership schemes are available on completion of the Fitness Package, but should you subsequently take out Freedom Membership for the full amount we will give you one month's membership **FREE!**

For more information contact the BODYZONE on 01481 747237















POWER  PLATE®

Feel the **POWER**

Have you tried it yet?

Benefits of Power Plate

Can help to:

-  Shorten training time with similar results.
-  Increase muscle strength
-  Reduce cellulite
-  Causes fast muscle build up
-  Increase flexibility
-  Activate blood circulation
-  Improve balance & coordination
-  Increase bone density
-  Result in more beautiful and tighter skin
-  Aid the reduction of pain

