

# New Year, new you?!

*Want to lose weight this year?*

*Want to be fitter and feel better?*

*Need motivation and guidance ?*



## **Personal training isn't as expensive as you think.**

**With one to one sessions from just £15**

**There is an opinion for everyone**

**Save even more when you bring a friend or two!**

**Some of the packages I do are...**

*Home visits - Group sessions – One to one sessions –  
Nutrition Plans – Workout plans –Bring a friend and save  
£££ - Wedding/Holiday packages –  
Block booking savings £££!*

**don't wait ! Make the change !**

**Call , email me or check out my website**

**20% OFF  
For UNISON  
Members!**



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Personal Training & Nutrition

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