

**TUESDAYS  
6-7PM  
STARTING  
JAN 18TH**

**FREE**  
GROUP  
PERSONAL  
TRAINING

**NEW YEAR  
NEW YOU**

07514 188 318  
info@andfitnessforall.com

***Spaces are limited - email, call or text to book now. Free goody bag for early sign ups!***

- Fun, hour-long sessions led by a professional Personal Trainer
- Build strength and fitness
- Great for mind and body
- Meeting on the green at leybridge estate
- All adults and levels of fitness welcome

**BOOK NOW TO START  
YOUR FITNESS JOURNEY!**

Email: info@andfitnessforall.com

Tel: 07514 188 318

And Fitness  
For All.

