

Get Fit, Lose Weight & Tone-up

- “I just want the old me back”
- “I’m sick of feeling like this and I don’t want to go on another year feeling miserable”
- “I’m tired of always putting everyone else first and think it’s time for a little me-time”
- “the gym just doesn’t work for me”
- “I want to fit back into my old clothes”
- “I need to get off my bum and do something about it”
- “I’m confused about what eating healthy actually means”
- “I want to get rid of my wobbly bits”

These are just some of the things people said/were thinking before joining the class
And fast forward to now when they’ve just finished.

THE RESULTS

After having received my emails for months and months and finally deciding that NOW was the right time to come and try it out, they got what they were looking for:

- ✓ feeling fitter and stronger than ever before
- ✓ getting to meet new people
- ✓ having new healthier habits
- ✓ getting into clothes they hadn’t worn in ages
- ✓ toning up wobbly bits

“but most noticeably it’s how much more confident they all are with more energy and toned arms, legs and tummy’s”

HOW DID THEY DO IT?

- ✓ By committing to coming along to exercise sessions every week, starting to drink more water and being more aware of what they were eating
- ✓ Sticking to the simple 12 Key Guide that I provide all of our members

As a Get Fit, Lose Weight & Tone-up Client You Get.....

- ✓ A targeted weekly total body workout
- ✓ Structured flexibility, interval training and strength exercises adapted your individual needs
- ✓ Small group training (maximum group of 6) twice per week
- ✓ Personal trainer led group exercise

Contact us to find out about trying a free class.

Are you...
Fed up with your
'wobbly bits'?
Struggling to **lose weight?**
Feeling **'unfit'?**

Would you rather...
Have a **toned body**, drop a dress size and feel **fitter & stronger?**

CALL or EMAIL Sandra NOW to secure your **FREE CLASS** pass
07542 136747
sandra@life1on1.co.uk
Limited spaces!

GET FIT, LOSE WEIGHT & TONE-UP EXERCISE CLASS
Is your solution!




"I feel a lot fitter & I fit into my clothes from 10 years ago...it feels lovely" Linda, 61

Classes at Holywell Community Centre,
Tolpits Lane, Watford WD18 9QD
Mondays 10-11am and Fridays 12-1pm

Monday Tone and Strength
A workout to tone and strengthen your whole body - making you look firmer and feel stronger.
Just imagine firmer, stronger thighs, arms, bums and tummies?

Friday Cardio and Core Fitness
Burn fat for up to 24hours longer with interval training and targeted core exercises.
