

FITNESS DAY



FEEL INVIGORATED AND MOTIVATED

Are the stresses of daily life taking their toll?
Do you lack energy?
Do you find it hard to switch off at night and get a good night's sleep?
Do you want to lose weight and tone your body?
Do you want to make exercise fun and enjoyable?
Are you bored of the same exercise routine?
Are you training for an event?
Do you want to improve your self-esteem and body confidence?

If you want a workout that will challenge your fitness, strip body fat, increase strength and muscle tone and push you to your limits then you have just found it!

When? Every other Sunday

Where? The Albion Hotel, Broadstairs.

What time? 10 - 12.30pm

What clothing? Waterproof Jacket with hood, layers and trainers

What does it involve? A combination of circuits, Beach Walking, toning and stretching

How much does it cost? £15 per 2.5 hour Session

Next Beach Session dates: Sun 29th Jan 2012; 12th Feb 2012; 26th Feb 2012 Etc

Book now to secure your place
07799 59 28 46 - SUZY