

NEW



K I N S P A
BODY AND SOUL



Summer bodies are made in Winter!

JANUARY & FEBRUARY SPECIAL OFFER

PERSONAL TRAINING

FOUR 60 minute sessions

JUST £100!



Our qualified Personal Trainers are on hand to help you achieve your health & fitness goals.

All Personal Training Packages Include;

- A free consultation.
- Fitness assessments to track your progress.
- Individual program for you to follow when exercising without your Personal Trainer.
- Tailored workouts with your Personal Trainer.
- Nutritional advice.

Offer valid to purchase now until 28th February only.

Full payment required at the time of booking.

All sessions must be used by 31st March 2019.

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