

NEW



K I N S P A

BODY AND SOUL



BODY TRANSFORMATION COURSE

12 week 'Class only' membership

£150 - non members

£75 - members

- ✓ **FAST RESULTS**
- ✓ **FAT LOSS**
- ✓ **MUSCLE TONE**
- ✓ **CARDIO**



BEGINS SATURDAY 5TH JANUARY 2019 – BOOK NOW!

INCLUDES:

- **4 sessions per week, for 12 weeks (total 48 sessions).**
- **1 hour access to the spa facilities after each session.**
- **1 towel on each visit & use of changing areas.**

Sessions:

- * **SATURDAYS 8.30-9.30am - Bootcamp & Fitness Testing**
- * **MONDAYS 7.30-8.30pm – High Intensity Interval Training**
- * **WEDNESDAYS 7.30-8.30pm - Strength & Hypertrophy Training**
- * **FRIDAYS 7.30-8.30pm - Core Strength & Stability Training**

Full payment required upon booking. Sessions cannot be carried over, course cannot be extended past 12 weeks. Not available as a gift card.