

Kat Dancer FITNESS

ANY AGE - ANY FITNESS - ANY ABILITY

Unhappy with the shape of your body?

Feel you're not at your best?

Want to lose a few pounds & tone up?

Need more energy & less stress?

A few simple changes, a bespoke, fun, creative training programme that will put you on the path to feeling great and looking fantastic.

What are you waiting for?

FREE

**Health
Consultation
&
Personal
Training
Session
(Value £50.00)**

SEPTEMBER OFFER:

**3 PERSONAL
TRAINING SESSIONS**

Value: £120.00

Your Price: £89.00

(to be booked by 31/10/11)

Personal Training
Small, personalised classes
Nutritional & Dietary Advice
Massage Therapies

Visit me at : www.katdancerfitness.co.uk

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