



# **FREE**

## **10 x workshops**

**To support you on the  
“Weight & See” course – this  
is megga. You have missed  
January’s live course – please  
call for the next one!**

**MELT body fat – like never before**

**MEET friends – they always do!**

**MAKE 2010 the year you succeed, and get the  
MOST healthy you have ever been, under the**

**guidance of a Personal Trainer and her well  
established course – the cost for this is £65**

**LOADS of testimonials from previous clients**

**An inter active web site to support each other**

**10 exercise sessions with 10 meetings included**

**Call 01497 822995 and ask for Cat.**