

LIME TREE SURGERY PATIENTS GROUP

FITNESS AS A RECREATION
ALL AGES WELCOME



WHAT WE OFFER:

1. FITNESS PROGRAMME WITH A PROFESSIONAL INSTRUCTOR
2. CONVIVIALITY
3. COMFORTABLE ENVIRONMENT
4. WEEKLY SCHEDULED PROGRAMME
5. TRAINING TO MEET YOUR NEEDS AND ABILITIES IN A RELAXED BUT POSITIVE MANNER

COME AND GIVE US A TRY - FIRST SESSION FOR NEW MEMBERS FREE
OUR PROGRAMMES STARTS ON 6 SEPTEMBER 2018 AT 1530-1630 HOURS
VENUE: FREE CHURCH ACROSS THE STREET FROM THE SURGERY

FOR FURTHER INFORMATION CONTACT:
CHRISTINE LAND-REEVES - FITNESS CO-ORDINATOR - 01903 872220