

# innergym

## Circuit Training to Improve Your Fitness

An effective & fun approach to exercise improving:

- ✓ Cardio vascular fitness
- ✓ Muscular endurance
- ✓ Flexibility
- ✓ Muscular strength
- ✓ Overall fitness & health
- ✓ Feelings of wellbeing

Working 1~2~1 with a personal trainer

**4 week course only £60.00**

Course consists of 4 x 1 hourly sessions per week.

Circuit training can potentially improve physical fitness, skill related components for participation in sport and also assist with weight and stress management.

Regular physical activity can also reduce the risk of many medical problems including: high blood pressure, coronary heart disease, osteoporosis, obesity & many others.



For details of dates & availability

call 077121 90656



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