

innergym

Personal training that's fun,
effective and surprisingly
affordable.



Simply choose a plan to suit your lifestyle:

Ten 1 hour sessions £500
including 1 hour's free Vibrogym*

Six 1 hour sessions £300
including half an hour's free Vibrogym*

Four 1 hour sessions only £200

Our fully qualified personal trainers have a different and fresh approach and will design a personal training programme which will focus on what is important to you, be sympathetic to your lifestyle and deliver real progress. We offer you a beautiful, clean, private 1-2-1 training studio designed to help you relax and focus on meeting your training goals, without the distraction of a busy gym.

*Call Adrienne now on
077121 90656 to book your free trial*

E-mail: info@innergym.co.uk Web: www.innergym.co.uk
No2 Marlowes Court, 67 Marlowes, Hemel Hempstead HP1 1LE

** In blocks of 15 minute sessions*