

# innergym

## Introducing our Fantastic Vibrogym Fitness Package

Working 1~2~1 with a personal trainer for only  
**£7.50 per session\***

The perfect 'fitness fix' for individuals who have a hectic schedule and are short on time.

Vibration training is a low impact, non-strenuous and non-invasive exercise that will strengthen, tone & energise your body. You don't have to get hot and sweaty and you will see noticeable results from just two 15 minute sessions per week.

"Just Train & Go"

Call 077121 90656 now  
to book your free trial  
Making You Fit For Life

E-mail: [info@innergym.co.uk](mailto:info@innergym.co.uk)  
Web: [www.innergym.co.uk](http://www.innergym.co.uk)  
No2 Marlowes Court, 67 Marlowes,  
Hemel Hempstead HP1 1LE

\*Based on a booking of 8 x 15 minute sessions @ £60.00  
(to be taken in a single calendar month)

