**About our Fitclub**

* Each workout is designed using modern training systems
* We offer free body fat testing
* Nutrition plans tailored to YOU

Our aim is to improve the lifestyle of our participants through

* weight loss
* Improved muscle tone
* Increased energy & fitness
* Reduced stress!

Limited spaces available so please don’t hesitate to contact your local Physical Fitness Trainers .

Padraig McMahon : **086-0504153**

Darren Pilkinton : **089-4481247**

**Classes will commence on Tuesday 9th in Ballyea: Student** rates available