

# June/July's 4 Week Weight Loss Package!

**For ONLY £95(members) £110 (Non members) you will receive 3 small group personal training sessions and one Core session per week for 4 weeks! So 16 exercise sessions to use within the month!**

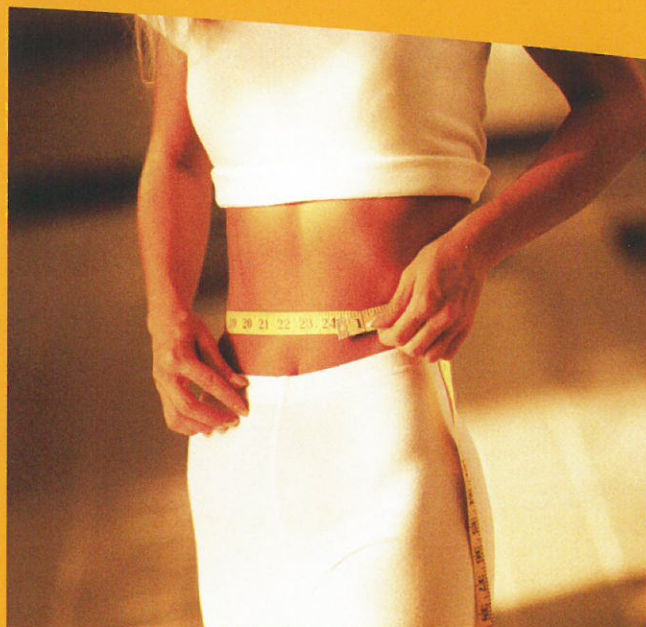
**Each Small group Training session is costing Around £7.50 and the 4 Core/Circuit sessions are FREE!**

**Gym Sessions include: Circuit training, free weights, kettle bells, stability balls and cardio exercises.**

**Also includes: Body Measurements including Body Fat%  
Nutritional Advice and Food diary support available 24/7**

## **PREVIOUS WEIGHT LOSS SUCCESS: Sue Underwood-**

**In the six months that I have trained with Leanne I have dropped two dress sizes, lost over 2 stone in weight and lost 10% of body fat.  
Anyone that manages to turn me from a couch potato into coming to the gym 5 times a week needs a medal. Leanne has succeeded where all others have failed!!**



## **Session Times:**

**Monday 7am-7.45am  
Monday 18.00-18.45  
Tuesday 18.00-18.45  
Wednesday 7am-7.45am  
Thursday 7am-7.45am  
Thursday 18.00-18.45**

## **PREVIOUS WEIGHT LOSS SUCCESS: Helen Chambers-**

**Not only has Leanne helped me lose 10 kilos and 10% body fat she has helped me to achieve the most toned body I have ever had. I've also seen an increase in my fitness, strength and general confidence after having two babies. The only negative thing about having PT is the new wardrobe I am having to buy!**

## **PREVIOUS WEIGHT LOSS SUCCESS: Jo Breaknell-**

**This does work, I was over the moon when I found out I had lost 9lbs in weight, 8cm off my mummy tummy and 3% body fat in just 6 weeks.**

**To Book your space or if you have any queries please contact Leanne on:  
07545 390 502 or [leannewebb7@hotmail.co.uk](mailto:leannewebb7@hotmail.co.uk)**