

# PERSONAL TRAINING



VIENNA HARRINGTON PERSONAL TRAINING



IF YOU DON'T LIKE IT, CHANGE IT!

PERSONAL TRAINING  
1-2-1 PILATES  
NUTRITIONAL ADVICE

LACKING MOTIVATION, NOT ACHIEVING YOUR GOALS, TRYING TO LOSE WEIGHT,  
TRAINING FOR A SPORTING EVENT, SUFFERING FROM LOWER BACK PAIN...

PERSONAL TRAINING AVAILABLE AT  
IPSWICH SPORTS CLUB, HENLEY ROAD, IP1 4NJ

**£22 PER HOUR**

NON MEMBERS WELCOME, A SMALL GUEST FEE APPLIES PER VISIT

**SPECIAL OFFER: 5 X 1 HOUR SESSIONS FOR £100 FOR NEW CLIENTS  
( EXCLUDES GUEST FEE)**



FOR MORE INFO [WWW.VIENNAHARRINGTONPERSONALTRAINER.CO.UK](http://WWW.VIENNAHARRINGTONPERSONALTRAINER.CO.UK)  
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