

Tone Up - Get Fit - Lose Weight!

Quality, fun & affordable Personal training & classes

Mature, friendly trainers - All abilities & ages

Dietary advice - Great Results - Beginners Welcome!

Specialists in fitness for the over 50's... since 1988

The Fitness Connection. High Street, Sandwich



Superb, motivational Personal training sessions & classes with our team of friendly, experienced, expert trainers.

Unlimited gym visits at Fitness Connection, Sandwich, with fully equipped modern gym, studio and facilities.

Fun, fitness and relaxation classes.

Personal fitness & dietary plans.

Friendly, relaxed atmosphere – Great service!

Variety of payment plans - **NO joining fees - No poseurs!**

GUARANTEED RESULTS!

Book a Free Trial visit today!

Call Brian on 01304 **614000** for full details and to book

Beginners welcome... Adult only club... All abilities welcome... Est 1988

Quality, affordable Personal Training at Fitness Connection or at home. 33-35 High Street. Sandwich. CT13 9EB

*Terms and conditions apply