

Circuit Training

For Men Who Need To Get Fit



**Would you like to improve
your fitness**

Starting Monday
21st September 2009
6.45pm – 7.45pm

To be reviewed after 6 weeks

**registration fee one off
payment of £2.50**



For more information call into
The Feelgood Factory
Glovers Lane, Netherton,
L30 5QW

Or call 291 8010 or 291 8011

