

Personal Training...

Special Offer

Pay for 3 sessions at a cost of £60 and get one more FREE - A saving of £20

Available to all Freedom Members

Need a bit of extra motivation and support?

Let our fully qualified instructors take you for these half hour intense workouts to help you reach your goals. You'll be amazed at what a great session you can get and they can be fitted in around work or other commitments.

Pick up a Personal Training leaflet at Reception and hand in your details and one of our instructors will call you to organise your first session. Or call 747232 for more information or to book.



www.beausejour.gg



**Beau Sejour
Leisure Centre**