

# TOTALLY PERSONAL TRAINING

is now available to **ALL** members

## THE BENEFITS OF HAVING A PERSONAL TRAINER

- Achieve your goals
- Motivational
- Training times to suit you
- Lose Weight
- Recover from injury
- Improve your performance
- Look good, feel good

## SUITABLE FOR ALL AGES AND FITNESS LEVELS

Personal training at  
**TOTAL FITNESS** means  
affordable training for  
everyone

Interested?

See a 'Totally Personal  
Trainer today to see how you  
can book your **FREE SESSION**

**TOTAL RETAIL**