



SMALL GROUP PERSONAL TRAINING (STARTING IN APRIL 2012) (MIN 4 PEOPLE...MAX 6 PEOPLE)

ALLOWING YOU TO GET ALL THE BENEFITS OF 1-2-1 PERSONAL TRAINING, AT A FRACTION OF THE COST.

TRAIN WITH A GROUP OF FRIENDS & SUPPORT EACH OTHER, OR JOIN A GROUP & MAKE FRIENDS. ...

SMALL GROUP PT PACKAGE:

- 1 SMALL GROUP SESSION A WEEK FOR 6 WEEKS
- ADDITIONAL 3 HOME WORKOUTS TO FOLLOW
- FULL NUTRITIONAL PLAN TO FOLLOW (INC SHOPPING LIST, MEAL PLANS, RECIPES & SUPPLEMENT INFO)
- ACCESS TO EXCLUSIVE MEMBERS SITE & FACEBOOK GROUP
- MOTIVATIONAL EMAILS
- 24/7 SUPPORT FROM JEN

THIS WHOLE PACKAGE IS JUST £97 PER PERSON

(WHICH WORKS OUT AT JUST £15 PER WEEK...ITS A STEAL)

EMAIL JEN FOR MORE INFO JENNY@ONEBODY-FITNESS.CO.UK

