

GET A TONED, LEAN & SUPPLE BODY

with **PILATES** expert **GEMMA BRALEE**

Let **GEMMA**, a professional personal trainer with 10 years experience, help you achieve the shape **YOU** want

BENIFITS INCLUDE

- ✦ All over **INCH** lose and a flat stomache
- ✦ A toned, supple and lean body
- ✦ Strong core muscles
- ✦ Great antenatal/postnatal fitness
- ✦ Great posture and flexibility

BOOKING DETAILS

- ✦ For 121 and group sessions contact **Gemma**
- ✦ Open to members and non-member
- ✦ £60 per session
(£45 per session @ your home / office)



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