MINISTRY OF FITNESS

Owned and ran by
fitness professionals
and competitive athletes

OPENING WEEKEND:
Friday 30TH JULY'10

- Cardio Suite
- **1000 Sq Ft Studio**
- Personal Training
- **Fitness Classes / BTS Programmes**
- Boxing Workout Area
- **Over 20 Plate Loading Machines**
- Full Range of Plate Loading Machines
- **Kettle Bells**

Fitness for all...Wheelchair Friendly Venue & Equipment

Phone. 01179 353 414

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Opening Hours:

Monday to Friday 6.30am - 9pm

Saturday & Sunday 8am - 8pm

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Exclusive Members Discounts

Daily, monthly & yearly memberships optional. Discount available with this flyer!!

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