



**FREE**

## **12 week nutrition advise plan**

Start your 12 week nutrition class at

The Jonathan Fox Fitness Suite

You don't even have to be a member.

We strip down how we eat and take you back to basics.

No more calorie counting.

No holding back.

No more expense.

Just weight loss and a happy you

Making you the person that you want to be.

**Starts Saturday 9<sup>th</sup> January 2016**

**WHY NOT SIGN UP NOW**

[ewebb@brannel.com](mailto:ewebb@brannel.com)

**Open day the 1<sup>st</sup> Saturday of every month drop by and meet your Community Fitness Instructor Emma Webb 11am-1pm**

**Set your fitness goals and find out what the Fitness Suite can offer you.**