

Do you want to come gliding with me?



no – not this kind of gliding!!

THIS KIND!!

Here's the deal:

Buy a pair of gliders from me at the gym (RRP £19.99). You'll also need 2m resistance band (RRP £4.99)

Bring them to the gym and I'll give you a mini session in your gym session

I am also offering two formal classes a week: Tuesday 6-7, and Friday 1-2

The classes will consist of w/up, resistance bands, step, and mind body for one of the BEST whole body work outs I have ever experienced.

So, you have to invest initially, but you'll reap it back 10 fold I promise you, as we will be using these at the centre from now on BIG TIME! These were recommended to me by a top fitness presenter (Jayne Nicholls), and I love 'em!

Targets:
Every single muscle, especially glutes (buttocks), and inner thigh.
CORE, and flexibility.
Superb kit!



AND, you can continue your work outs at home! OUCH! These little puppies are Sooo versatile it is incredible what you can do with them – you'll see.

I have worked on a routine that will rock your world!

And mine!

Cat