



# LATEST EVENT

## KETTLEBELL FITNESS!!

SATURDAY 8<sup>TH</sup> JANUARY 2011

9.30a.m – 10.15a.m

At the Train Station Gym

- © £5 Per Person
- © 45 mins including an Ab's blast
- © Burn hundreds of calories
- © Only 8 places **BOOK NOW!**

**Call: 07966 036573**

**info@paulrymanfitness.co.uk**

**www.paulrymanfitness.co.uk**