



You choose!

**RESULTS
OR EXCUSES...**

12 WEEK WEIGHT LOSS PROGRAM

**Aquafit's *NEW* and *IMPROVED*
weight loss solution!**

1 VALUE

From just \$3.50 per day Aquafit's Weight Loss Program has never been more affordable

2 CHOICE

Not sure what will work best for you? We'll help you make informed choices about your personal weight loss strategy

3 FLEXIBILITY

Rule #1....a successful weight loss plan has to fit with your lifestyle and schedule

bodytrim
the weight loss secret

Nutrition Complete

Information Night

Monday 23 January, 7pm

Register at Reception to find out more!

SEE RECEPTION FOR MORE INFORMATION

aquafit
fitness and leisure