

**GET FIT STAY FIT
WITH CHLOE**

**EVERY MONDAY
18:30 – 19:30**

**ALL ABILITIES
WELCOME!**

£5.00 PER HEAD

**WORKING IN FITNESS FOR 20 YEARS!
PERSONAL TRAINER FOR 14 YEARS!
AS WELL AS BEING A FULL TIME MUM!**

SESSION INCLUDES:

- * CARDIO**
- * BODY WEIGHT EXERCISE**
- * FUN AND EFFECTIVE WORKOUT**

**THE BEST WAY TO GET BACK IN SHAPE
AFTER YOUR NEW ARRIVAL!**

A MUM HELPING OTHER MUMS!

**ADDRESS:
KETRA HALL
TELFORD HOUSE
SEELEY DRIVE
SE21 8QR**

