

opening november in ber street

dynamic
fitness & coaching



ONE to ONE TRAINING

Norwich's first personal training studio

- > One to one sessions
- > Fitness goals established
- > Training sessions tailored to your personal aspirations
- > Fully qualified professional trainers (register of exercise professionals).
- > Fun, varied and challenging programmes
- > Nutrition and eating advice for all clients to help with fat loss

Fitness classes for everyone

- > **Lunchtime Toning Classes**
Give the muscles a good workout without too much sweat
- > **Energetic Evening Classes**
 - Kettlebells • Boxing
 - Circuit Training
- > **Relaxing Mid-Morning Classes** • Stretch and Tone
 - Yoga • Pilates all in the pipeline
- > **Low Impact Workouts**
For Over 50s, both Male and Females and also the Elderly
- > **Lose weight and gain more confidence amongst friends**



AWESOME results achieved

www.getdynamic.co.uk

all ages • **all** enjoy improved fitness levels

••• Special Offer 1 •••



Personal Training Offer - HALF PRICE!

Book a 1.5 hour Personal Training Consultation for half price (£40 reduced to £20). This includes a fitness plan to get you started. **SAVE £20.**

'Please quote this promo leaflet when booking.'

••• Special Offer 2 •••



Fitness Class Offer - HALF PRICE!

Your first fitness class for half price.

Bring this promo leaflet along to any fitness class and receive the session for **half price!**

Classes must be booked in advance on the telephone number below.

dynamic
fitness & coaching

93-97 Ber Street,
Norwich, NR1 3EY

Opening Times:

Monday-Saturday 7am until 9pm

email: ross@getdynamic.co.uk

Benefits include:

- > Pay as you Go fitness and toning classes

- > **NO ANNUAL** membership fees

- > Nutrition monitored to optimise fat loss

- > Improve your fitness and make new friends

- > Posture correction programmes and injury rehabilitation

- > Reduce stress and high blood pressure

- > Train for distance running

- > Regain confidence and build your self-esteem

- > Personal training plan and weekly reports to keep you on track

- > Employees' / Friends' Group Fitness Classes by arrangement

- > Post childbirth weight loss programs

book appointments today: **07787 576300**