

2012

# **New Men's Exercise Class**



*Mondays @Bridge School Hall  
6.00 pm. – 6.45 pm. Starting Monday April 23<sup>rd</sup>.*

## **First Session Free!**

*£5 per session, or £20 for 5 sessions*

*Great for: strength, fitness, fat loss and finding more energy!*

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# Testimonials

**"I enjoyed the efficiency of the class...I especially liked the fact that Luke would give tips and advice on technique as well as how to get the most from the each exercise...I was pushed to my own limits rather than just matching those around me."**

**"The class is relaxed, welcoming and informal.  
Not intimidating and good fun."**

**"Just what I  
want from a  
workout !"**

**"I really appreciate some structured  
activity in which you have to push  
yourself, in the company of other  
guys. You can do as much as is right  
for you – so it's self-selecting."**

**"... the individual can make  
them as hard or easy as is  
appropriate for their level –  
ideal!"**

**Sessions will be run by a  
level 3 Advanced Personal  
Trainer, REPs Registered.  
luke\_bicknell@hotmail.co.uk**