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Haslemere's ONLY Outdoor Group Training Course

Get Motivated and Get Results!

Join Haslemere's only outdoor fat loss and toning group at Haslemere Recreation Ground

Mondays and Thursdays at 7am

Starts 30th March

Only **£64** for the 4-week course (£8 per session)

Enjoyment guaranteed - or your money back!

Groups will be small; between 8 and 15 people.

Sessions will be effective for everyone whether you've trained every day of your life, or you only bought a pair of trainers last week!

This will be nothing like the classes you've attended at the gym - you'll get much better results in much less time and have much more fun!

You'll make some new friends, and enjoy some time out for yourself!

You'll also receive access to my exclusive online support network which is regularly updated with nutrition tips and motivation tips

If you want your body to change, and at a much lower price than Personal Training, **[contact me now](#) to book your space!**

Looking forward to seeing you there!

Best wishes,

Heather

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