



BASE FITNESS

PERSONAL TRAINING

NEW YEAR OFFER

Book a block of 6 sessions and get 1 extra free
or

Book a block of 12 sessions and get 2 extra free

Book now for sessions starting in January or February

At Base Fitness we use proven training methods and plans tailored specifically to you to make sure that you reach your goals.

As a mobile Personal Trainer, this allows us to maximise the time we have together and minimise the time out of your busy schedule. I bring all equipment to you along with the motivation required to make sure you succeed!

Visit www.base-fitness.co.uk
to get your journey started!

Circuit Training

Monday 6.30pm £5

Kettlebells

Thursday 6pm £3.50

Metafit

Thursday 6.30pm £3.50

Kettlebells

+ Metafit £6

Allan Centre,
Bridge of Allan

ALL WELCOME

