

MOVE IT!

Functional Training

Bored with your current workout?

Need more motivation?

Not challenged by your traditional gym?

Why not try a Move It session for free?*

What is Move It?

- Specialist trainer led sessions
- Small groups of less than 6
- An efficient work out in just 30 minutes
- Varied and progressive content.

**Personal training
without the cost**

**Maximum gain in
minimum time**

**See results fast whatever
your fitness level**

Location

The **Move It Space** in
Tottenham Green Leisure Centre,
1 Philip Lane, N15 4JA
Tel: 020 8489 5322

COST (per session)

£5.00 – Non-member
£3.00 – Gold
£2.50 – Advantage+
£2.00 – Advantage
Book a block of 10 sessions
and pay only for 8. (Valid for 3 months
from date of purchase).

*Special Offer

Complete 1 Free 30 min induction and
get 3 Free Move It training sessions to
get you started!

TASTERS – 15 min

Monday	18.00-18.15
Tuesday	18.30-18.45
Wednesday	18.00-18.15
Thursday	19.15-19.30
Friday	10.10-10.25
Saturday	11.15-11.30

INDUCTIONS – 30 min

Monday	19.00-19.30
Tuesday	18.50-19.20
Wednesday	19.00-19.30
Thursday	18.00-18.30
Friday	10.30-11.00
Saturday	10.00-10.30

MOVE IT Sessions – 30 min

Monday	18.20-18.50
Tuesday	19.30-20.00
Wednesday	18.25-18.55
Thursday	18.40-19.10
Friday	09.30-10.00
Saturday	10.40-11.10

**Better value
for 2012**

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