



Studio
timetable

20% OFF Personal Training Packages

(Blocks of 30min or 1hr sessions)

Throughout the summer we know that it can be difficult to stay motivated and keep up with exercise. This is why we are offering you 20% off all Personal Training packages with one of our trainers.

Benefits include:

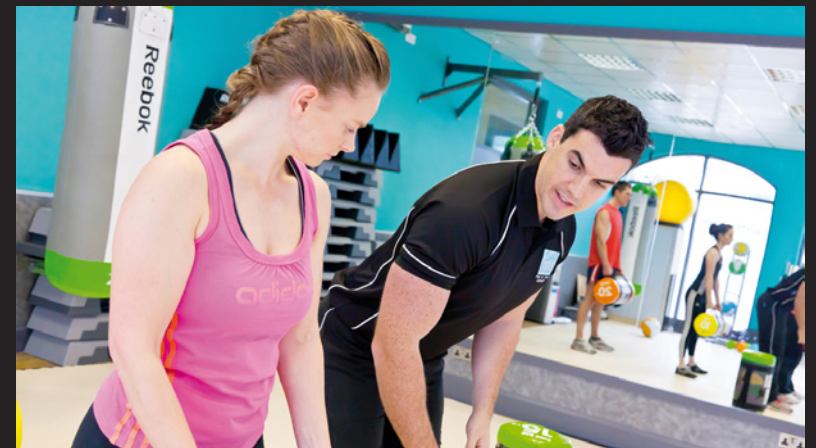
- Improve muscle tone
- Increase strength
- Improve flexibility
- Lose unwanted body fat

Sessions must be booked before 30th April.

To book your sessions

Email: fitness@lagrandemare.com or

Call: 259692



For more information call 259692 or
visit www.lagrandemare.com

La Grande Mare
HOTEL, GOLF & COUNTRY CLUB ★★★★★