



FEEL FABULOUS

12 Week Programme

NEW YEAR

12 WEEK GOLD
MEMBERSHIP
INCLUDED



NEW YOU

Join our friendly nutrition and fitness experts
Michèle Newton, Julie Dixon & Alison Batchelor

1 hr exercise session, 1 hr cookery session
guidance on healthy lifestyle with optional weigh-in

Mondays at West Wight Sports & Community Centre

7th January to 25th March | 17:30 - 19:30

or

Tuesdays at CHOYD Yarmouth

8th January to 26th March | 13:30 - 15:30

West Wight[®]
Sports & Community Centre

Book by visiting Reception
or calling on 01983 752168
www.westwight.org.uk