



# FEEL FABULOUS

## 12 Week Programme

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



**12 WEEK GOLD  
MEMBERSHIP  
INCLUDED**

**NEW 2019  
PROGRAMME**

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*