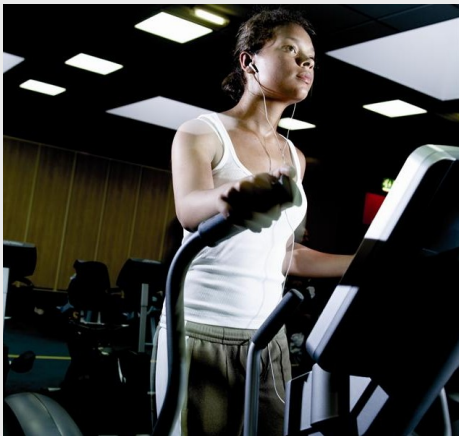




# Women Only GYM Sessions

(For Women from Black and Minority Ethnic Backgrounds)

## KEEP FIT FOR 2009



**PRIVATE GYM  
SAUNA & SHOWERS**

**PROFESSIONAL FEMALE COACH**

**Wednesdays**  
**Starts 18th March 09**



**8:15 – 9:15 pm**

**Shapers Gym, Park Avenue, Watford**

**FREE PARKING ON SITE**

**FIRST SESSION FREE £2.50 thereafter**

**Book additional 6 sessions in advance and get 1 FREE**

**TRY SOMETHING NEW, HAVE FUN, GET FIT**

**ONLY REQUIREMENTS:  
YOURSELVES, FRIENDS & FUN**

FOR MORE INFORMATION CONTACT PRIYA KAPOOR ON  
01707 281006 OR VISIT [www.sportinherts.org.uk](http://www.sportinherts.org.uk)

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