

New Year's

Lose
up to **TWO**
Dress Sizes
in 8
Weeks

Jeans Challenge

An Eight Week Body
Blitz Program to get
You looking your BEST
this SUMMER



8 Week Jeans Challenge Includes:

- » 2 x 60 minute One-to-One Personal Training Sessions/Week
- » Additional Programming to Include 2 x 30 minute Cardio Sessions/Week
- » 2 Months Membership at Movement 3's Exclusive Gym
- » Nutritional Guidance & Support



For more information contact...
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