



## UNI FIT Group Personal Training Personal Training at affordable prices!

### 6 week Fat Loss Fix Challenge Only £97

Ready to kick 2018 into gear and blow the dust off those trainers?

Well, before you have another biscuit and scroll past, have a think about what you'd like to achieve this year.

Maybe last year (and the year before that) didn't work out, you lost focus on YOURSELF and sacrificed your health & fitness in the process.

We want to help you recapture it.

As well as feeling stronger, fitter, slimmer and more energetic...you'll 10x your confidence.

Because we want you to achieve every goal you desire, we offer an all-encompassing 6 week program to get you there.

Included with every package;

- 2 x Group PT Sessions per week
- Nutritional Coaching
- Meal Plans
- Recipe Books
- Online Support Group

At this point, you have 2 choices.

1. Scroll past, carry on with 2018 and live in hope that something will change.
2. Commit to YOURSELF, be the best you can be and take ACTION and make change happen for YOU.

Click this link to apply and join

<https://mikepearcept.wufoo.eu/forms/z1103y3o0503gba/>

## Where and when is UNI FIT?

Exercise on your lunch break – our 45 minute core and strength focused sessions will set you up for the afternoon.

### **International society Room 1:**

- Wednesday & Friday (12.15pm to 1pm)

No need to travel to the gym or make excuses, UNI FIT is right on campus for your convenience.

### **Wellbeing rooms Dual use room.**

- Monday and Wednesday (16.15 to 17.00)
- Monday, Wednesday (17.15 to 18.00)

No contract, No shouting, Just results

Apply to join our next program starting soon

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**Check out our  
Web page For more details  
[www.unifittraining.co.uk](http://www.unifittraining.co.uk)**