



weigh-in & workout

Our brand **new weight-loss scheme** to keep you active and healthy 52 weeks of the year

- Weight recorded on tracker card
- Fitness Motivators on-hand to take you through a 'workout of the week'
- 1st time users - small group session to familiarise with the gym

all day on wednesdays

motivator sessions:

10 - 11am & 6 - 9pm

join at any time, everyone is welcome!

Contact the centre today to secure your space and book your 1st visit.

malvern splash leisure complex

01684 893423

www.freedom-leisure.co.uk

free for
gym members

only **£5** for
non-members



freedomleisure
where you matter

