



TLC HAS STARTED BRAND NEW CIRCUIT TRAINING CLASSES IN PRESTWICH

Circuit Training provides one of the best exercise routines to burn off fat, enhance heart fitness and to build muscle. Those new to exercise routine would be forgiven for thinking that circuit training is about running or exercising round a track or circuit, in this case the 'circuit' is a combination of a number of short, high intensity but different exercises performed one after the other and designed to achieve a specific fitness result. Sakina Khan operates the TLC classes in Prestwich.

CIRCUIT TRAINING BOOT CAMP

6 sessions just £20 for new members
Organic Detox 3-10 days
full ingredient kit £30

Tuesdays

7:00-8:00pm
Longfield Suite,
Prestwich

Wednesdays

6:30-7:30pm
Phoenix Centre in
St Mary's Park Prestwich

NEW
Power Burst Cardio

£3.50
per
session

**STAY
STRONG
LIVE
LONG**

WWW.TLCBOOTCAMP.CO.UK



Contact Sakina on

07947 846008

or email tlcbootcamp@ymail.com



EVA IS ONE OF SAKINA'S CLIENTS, SHE SAYS;

'When I joined your exercise group I lacked proper motivation but as soon as I walked through the door you just exuded energy and enthusiasm and by the end of the first session I felt really motivated and happy to sweat buckets ;-). Fresh routine every day, exercise outside and personal routine all showed your personal involvement and dedication. I really enjoyed all your sessions because I knew you really cared for all your girls, always taking time to have a word with every one during the training to steer us in the right direction and give us encouragement. I have recommended you to all my friends.'

SAKINA WELCOMES ALL TO JOIN THE CLASSES AND NEW MEMBERS WILL GET 6 SESSIONS FOR JUST £20.00.