



Syndale Park

Personal Fitness Club

London Road Ospringe Faversham Tel: 01795 591271

Tone up, lose weight, reduce stress

Read all
...about it...
how the club
can benefit
YOU!

Welcome to the latest fitness news at the area's premier club



Most people never think a health and fitness club is for them. They have the perception that the club is full of very fit young people and find this off putting, especially when we see adverts for clubs which are full of photographs of empty gyms.

We all have busy lives and don't manage to find time to look after ourselves. We then steadily put on weight and feel tired all the time. As time goes on it seems harder to change our lifestyle and often we start to feel ill.

If only we could start again and make a fresh start! This is often the story new members tell us when they join the club.

Over 80% of our members are complete beginners (or have used large clubs and given up due to lack of attention). Infact our members are all shapes, sizes and abilities.

If you are a NORMAL person and want to make that fresh start give us a call.

Our "guest visit" to the club is actually an informal chat where we will genuinely listen to YOU and determine what you exactly want to achieve and a programme to suit your requirements. We just want to get to know you and settle you into the club.

And we will show you the many spectacular results we have achieved with other normal people like you.

Take that important step today, don't put up with feeling tired and stressed anymore - give us a call to book your **free guest visit**.

Don't forget to ask one of our friendly staff members about your **FREE NO-OBLIGATION CLUB GUEST VISIT!**

CALL 01795 591271 NOW

Take your first steps towards fitness today



Six great reasons to call us today and start achieving results

- 1 We have helped many members lose weight and tone up.
- 2 Our members are all shapes sizes and abilities - we specialise in **NORMAL** people!
- 3 You will never be left to your own devices at the club - we will motivate you to achieve your results and have lots of fun - including **FREE personal training**
- 4 Our club is equipped with the latest equipment and facilities - to help you relax and achieve results
- 5 The club staff are brilliant! They are understanding and possess lots of experience and really do teach fitness in a fun way.
- 6 Let our existing members do the talking for us - we stand by one thing - the results we achieve for our members.

FREE CLUB GUEST VISIT

We can offer you even more...

Because, and only because we are the area's premier fitness club, we can offer you fantastic facilities and the ultimate personal training. Just take a look at the additional benefits we can offer you...

- Personally supervised training by qualified, experienced and friendly staff members
- Superb fitness club with the latest finest equipment, members creche, spa
- Slimming and healthy eating club
- Personal and Group Training Programmes for all ages, sizes abilities - beginners to advanced
- Extensive facilities - including NEW weights room & excellent class studio
- Your desired results

Fitness is Fun - *get into shape* with our great Fitness courses



Our fitness courses include:

- slimming
- fitness conditioning
- toning
- relaxation & stress relief
- sports training
- body conditioning

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Save up to **£50** on club membership fees until 18th Feb.

Don't miss out!!

CALL 01795 591271 NOW

Look at what these happy members say about the club!



“ I joined Syndale in April 09 mainly to lose weight and to build my self confidence. The staff are extremely friendly and approachable and really help you through your journey. I have found the whole experience so inspiring that I am now learning to become a fitness instructor at Syndale so that I can help others, like myself, to obtain a healthier lifestyle. Syndale is different from other gyms because the staff are really interested in you as a person and want to help you reach your goals. ”

Lynn



“ I have been going to the gym at Syndale Park for the last ten years and really enjoy all of the facilities the club has to offer. I particularly enjoy the new separate dedicated free weights room, followed by a relaxing sauna. Syndale makes you feel good and look good, so come up and meet the team – what are you waiting for?..... ”

Paul

Check out just some of the benefits of club membership...

Mens benefits

- Firm, flat stomach and trim waist
- Strengthen and tone entire body
- Shape and tone chest, shoulders and arms

Womens benefits

- Slimmer waist, hips and thighs
- Improve stamina
- Firm, flat tummy and tone and shape bust

Benefits for both

- Relieve stress and improve posture
- Helps aid better sleep

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