

feeling stronger & healthier than ever before!

Friendly experienced instructors
All ages and abilities welcome
Great range of convenient times
Classes include : Body Conditioning,
Kettlercise, Monday Mashup, Spinning!
Pilates, Yoga and Core Strength
Post-Natal* Post-Natal Pilates* *bring baby too!
Personal Training, Power Pump
Physiotherapy with Bluesky

.....why not pop up to the Yeo valley canteen too for coffee and/or brunch & socialise with others from the class? www.lynnejoynerfitness.co.uk Tel: 07748 963297

Yeofit, Yeo Valley HQ, Rhodyate, Blagdon, Bristol BS40 7YE Yeofit is Yeo Valley HQ's gym & studio, with classes open to the local public The Yeo Valley Canteen is currently open Tue to Fri 9am-11.30am

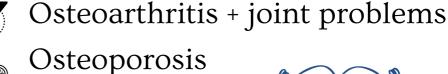
Exercise for health with Yeofit





A new 12 week programme for patients recommended by health professionals.

- High blood pressure
 - ² Diabetes
- メチ Weight management





Rehabilitation

Back pain



Anxiety, stress + depression

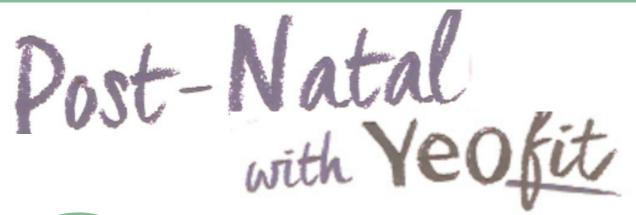
£40 for initial consultation then £72 for the 12 week course

Tailored, supervised sessions with friendly professionals in your local gym with a view, that is in a supportive, caring group of people. Our instructors are Exercise Referral qualified to help you with your health conditions. A doctor's note not required.

www.lynnejoynerfitness.co.uk Tel: 07748 963297

Email: lynne.joyner1@gmail.com

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Join other new mums and babies at our friendly post-natal classes.

Get back into fitnessand bring baby too!



 $\overset{\circ}{\sim}$ Come with friends or make friends.

Tailored, supervised sessions with Lou Wiseman in your local gym/studio with a view. Please email: louwiseman73@gmail.com Tel: 07919 416927

Have coffee and a chat after!* Book on via the website



For all classes visit www.lynnejoynerfitness.co.uk

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