

Get Yeofit!

Join your local friendly gym with a view to 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



Diabetes



Weight management



Osteoarthritis + joint problems



Osteoporosis



Back pain



Rehabilitation



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.

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Email: lynne.joyner1@gmail.com

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Post-Natal with YeoFit



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



Get back into fitness
....and bring baby too!



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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