



Happy New Year

I hope you have enjoyed the Christmas festivities and are now looking forward to a better & brighter New Year.

At this time of year we are all looking forward to the future & looking to improve our own lives. At Ladies First we are ready to help you with your fitness and wellbeing, so if you are looking for weight loss, toning, fitness, mobility or all of these, we are ready to get you your results.

How much better will you feel when you have dropped those clothes sizes and increased your energy & fitness levels?

With our One 2 One training systems we are there to ensure you get your results. Don't spend another year feeling how you did last year

Its time for a New Year & a New You!

Your own personal trainer in a "Friendly & Welcoming" environment, we will get you to your desired results and all for just over a £1 a day.

Whatever your goals may be, we will guarantee your results here at Ladies First & Life First.

Fantastic News, during January we will add a month free to your membership and no joining fee, so come on pick up the phone and come and chat to us. Now is the time to get started again and make 2010 your year!!

Make that call today!!