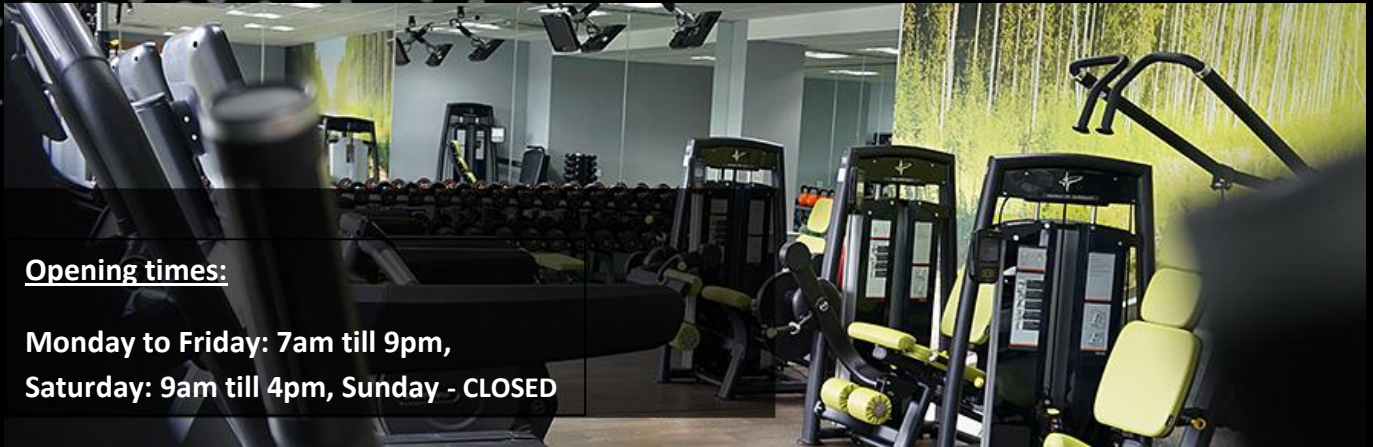


# the park Health & Fitness



## Opening times:

Monday to Friday: 7am till 9pm,  
Saturday: 9am till 4pm, Sunday - CLOSED

## 6 Week Training Programmes!

### Do You?

- Have goals you want to achieve but unsure how?
- Lack motivation for exercise?
- Want help from one of our instructors?

### What is included?

- Consultation with one of our instructors
- 6 Week training programme specific to your goals and needs
- 1 hour session in the gym going through your programme
- Final review of the programme at the end of the 6 weeks

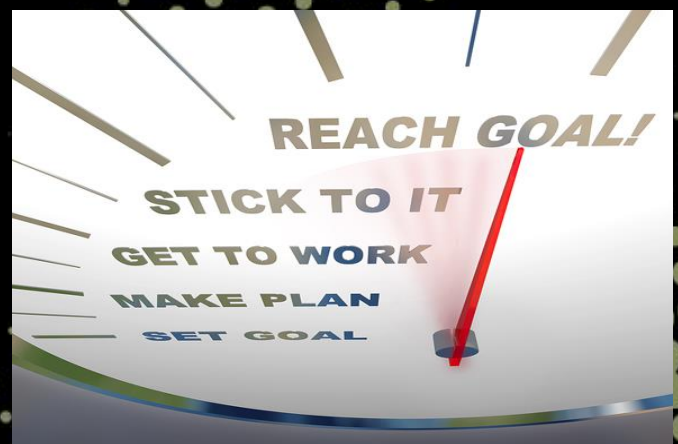
### Prices

Platinum – Included Free!

Gold - £10

Silver - £15

Bronze/Off Peak - £20



[www.thepark-cambridge.co.uk](http://www.thepark-cambridge.co.uk)