

LEAMINGTON'S PREMIER PERSONAL TRAINING STUDIO



TRANSFORM YOUR SHAPE FOR SUMMER

- Specialists in Body Sculpting
- Only 20 minute session 3-4 times weekly
- Personally Tailored Nutritional programs
- On average a loss of 7.5lbs of fat and more importantly a gain of 3lbs. of lean muscle tone after only 12 sessions



Rose Dipple Results After 15 Sessions
 Fat Loss: 8.5Lbs Body Fat% Loss: 4%
 Inch Loss - Waist: 7.5"



Adrian Lewis Results after 12 Sessions
 Fat Loss 11.75lbs, Muscle Gain: 6.25lbs
 Body fat loss 6%
 Inch loss - waist, 3"



Ashika Shah Results After 7 Months
 Fat Loss: 32Lbs Body Fat% Loss: 15%
 Inch Loss - Waist: 7"



Don Mason Results After 3 Months
 Fat Loss: 19.9Lbs Body Fat% Loss: 7.7%
 Inch Loss - Waist: 3.75"



Debby Stacey Results After 6 Weeks
 Fat Loss: 7 Lbs Body Fat% Loss: 3.6%
 Inch Loss - Waist: 1.25"



Tony Stacey Results After 2 Months
 Fat Loss: 19.5 Lbs Body Fat% Loss: 7.5%
 Inch Loss - Waist: 5"

Attend one of our "Body & Mind For Success" FREE Seminars at the Educogym Leamington

At this free seminar you will learn about:

- The science behind the Educogym system
- The link between strength and rejuvenation
- Long term fat loss
- The mind muscle connection
- Low glycemic nutrition for optimum health and energy!
- Re-balancing of hormones naturally
- Developing an unstoppable mental attitude

And much much more!!!!!!

Register online @ www.educogymleamington.com or call 01926 338999

EducoGym Leamington Spa
 1-2 Windsor Place 6 Bedford Street
 (behind Woolworth's between Kong
 & Bish Bosh Nosh) CV32 5DY
 Ph: 01926 338 999

