Join the fitness revelation at Benchmark Fitness Today!

6 week taster program

* + All fitness levels welcome
  + Convenient location – Slough Hockey Club
  + Variety is key: different work outs every day
  + Boxing-weight sessions-barbells dumbells-slam balls-plyo boxes-battle ropes, boxing, HIT and circuit training and much more
  + Quick and effective – 30 min sessions
* Achieve your fitness and body goals!
* Weight loss
* Increase strength
* Boost energy

A group of people doing sit ups

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* 6 week objective given
* Body fat % Visceral fat % Muscle % Water %
* Metabolic Age all measured
* INVEST IN YOUR HEALTH NOW

All of the above for £50