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





* 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