

DISCOVER YOUR FITNESS



1

GET STARTED

Let us find out about you, what you want to achieve and understand what will help you enjoy your workouts. Your first visit will include your own personal gym or activity programme.



2

STAY MOTIVATED

A mini review to see how much you are enjoying your personal programme and discuss your motivation levels. If needed we'll adapt or change your exercises to keep you coming back for more.



3

LOOK AND FEEL GREAT

A programme review to see how you are progressing and how you are finding your personal programme. We will discuss options for new activities and exercises to help keep you on track.



Sports and
Active Lifestyles

VISIT

www.active.leeds.gov.uk