



Woodbyne Fitness Clinic

- **Full Gym Facilities**
- **Circuit Training Classes**
- **Youth Training classes (11 – 17 year olds)**
- **Sports Injury Therapy**
- **Nutritional Advice**
- **Sports & Relaxation Massage**
- **Personal Training**
- **Rehabilitation Programmes**
- **Training for Events: triathlons, running, cycling**
- **Gift Vouchers Available**

View our website at www.woodbyne.co.uk or call 01844 275829 to find out what we can do for you.