

achieving a slim, toned & healthy body

spectra
slimming club



Through healthy eating, exercise and behavioural change, achieve a slim, toned & healthy body by joining spectra red.



- healthy eating
- exercise sessions
- habit busting tips
- confidence building
- increase energy
- safe weight loss
- food planning
- portion control
- more flexibility
- improve health
- support network
- food intolerance

all for just **£72** for 12 weeks
or **FREE** for spectra members

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for more information, visit the website at
www.spectra.org.uk or call 01752 266117

held at | morgan's | compton house | 11-14 gibbon lane | plymouth | pl4 8br

