

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

spectrared

for more information, visit the website at
www.spectra.org.uk or call 01752 774200

held at | morgan's | unit 69 christian mill business park | plymouth | pl6 5ds

