

the boathouse  
fitness club

# The gym with a view!

## Call now or drop in for joining info



Strathclyde Country Park  
366 Hamilton Road, Motherwell  
ML1 3ED  
Tel: 01698 250250

### how to get there



# 1 Month 2 Fitness Inch Loss Plan

the | boathouse  
fitness club

Runs Thursday Evening or Saturday Morning  
only £99.00



Personal training package includes:

Only 4 people in each group - any fitness level

1 month membership to gym

Weekly personal training session

Key body area measurements at start & end

8 solo workouts to follow

Weekly food diary analysis

Nutritional plans provided

Highly motivational

Call Stuart 07963 759 918

or John 07903 379055

**Clare said 'I went down a dress size  
before the month was out'**

**Scotland's most successful toning programme**