



GETFIT LOSEWEIGHT FEELGOOD

PERSONAL TRAINING SERVICES
& GROUP FITNESS CLASSES



BODY CONDITIONING

Morganstown Village Hall
10.30am Wednesdays



CIRCUIT TRAINING

Taff Trail (meet Radyr Train Stn)
9.30am Mondays & Fridays



**VISIT US AT: www.beingu.co.uk
FOR DETAILS OF MORE
CLASSES & SERVICES**

ONE-TO-ONE & GROUP SESSIONS

TEL: 07557 736568

EMAIL: help@beingu.co.uk