

**FREE TRIAL?**  
text 'THAMES'  
to 60777

**TIME TO MAKE PEACE WITH THE SCALES?**

At the thames club we know that it can be hard to lose weight and keep it off. That is why we have developed a speciality weight management programme, which includes weekly weigh ins, monthly programme reviews and motivational training tips.

**End the love-hate relationship with the scales. Text 'THAMES' to 60777 OR call 01784 463 100 to reserve your FREE trial session, plus if you decide to join receive 1 month free\* with this ad.**

**Facilities include:**

- Power Plate® Pro6™ - first in the UK
- extensive gym facilities
- 20m pool with sauna & steam room
- an exciting class programme across 2 studios
- spinning theatre
- fully licensed lounge and bar
- crèche and much more.



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Tel: 01784 463100

\* Terms & conditions apply: only 25 spaces available.

