



Commit yourself to excellence.....

Ask yourself:

- Am I challenged by my current exercise programme?
- Does my programme make me leaner, faster, stronger, or more powerful?
- Am I happy with my fitness levels?
- Does my programme change as I get better?
- Does my programme meet the needs of my sport?

*Whatever your goal let us **prescribe** programmes for
progression*

OPENING 2nd MARCH 2011

*Unit 32 Endeavour Close
Purcell Ave Industrial Estate
SA12 7PT*

Contact us to book a free place on our open evenings at – prescribedfitness@hotmail.co.uk

For further information please visit our facebook page at 'prescribed fitness'