



# YOUR GOALS, YOUR GYM, YOUR WAY.

## Everybody is different.

That's why at Workhouse Fitness we treat you as an individual. Over the past 32 years we have helped thousands of people reach their goals and achieve a happier, healthier lifestyle. We are here to help whatever you want to achieve in 2019.

- Weight loss
- Increase fitness
- Reduce body fat
- Tone up
- Reduce stress, anxiety and depression
- Socialise and make new friends
- Make use of our safe and friendly crèche

Our highly qualified staff have a wide range of expertise and are friendly and approachable, happy to help motivate and support you.

Also we offer a wide and varied range of classes, including:

- Spinning
- HIIT classes
- Strong by Zumba
- Pilates
- Kettlebells
- BoxFit
- Combat
- Mum and baby Pilates

Call now on

# 0113 236 1874

and make an appointment to see what makes Workhouse Fitness different.

**£50\***  
**OFF**  
**VOUCHER**

\*Bring this leaflet to claim your £50 off. Limited to the first 50 members.

## Workhouse Fitness

Unit 13B, Springfield Commercial Centre,  
Bagley Lane, Farsley, Leeds LS28 5LY

[workhouse-fitness.co.uk](http://workhouse-fitness.co.uk)





# WHY CHOOSE WORKHOUSE FITNESS IN 2019?

- We have 32 years experience in the health and fitness industry serving the local community.
- Our training programmes are built around each individual's needs and capabilities.
- We absolutely guarantee results in a friendly, relaxed atmosphere.
- We have the only safe and friendly crèche in the area.

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