

Tonics
fitness centre



GET MORE FROM YOUR WORKOUT.



**BURN FAT & IMPROVE CORE/
STRENGTH /MUSCLE TONE
LIKE NEVER BEFORE.
Learn from the best-checkout
Crossfit.com**

LEANER, STRONGER, MORE TONED...

KETTLEBELL WORKSHOP

SUNDAY 19TH JULY 10 AM -1PM

**CROSSFIT TRAINER ANDY CRAIG TEACHES
YOU THE TECHNIQUES.**

£22 for Tonics Lifestylers

£35 For non members

BOOK NOW!