

**thebestof**

## Gymophobics 6 Week Osteoarthritis Programme

Offer Expiry Date  
**31/10/2016**

Can only be used at  
**Gymophobics**  
62b Bridge Road East, Welwyn Garden City  
AL7 1JU.

Tel: 01707 707100



### Description/Terms and Conditions

A six week programme of exercise for ladies to help you to, reduce joint pain and stiffness, improve joint mobility, lose weight, increase your energy levels, increase flexibility and endurance, improve sleep patterns and improve your self-confidence and self-esteem. £99 per course for unlimited sessions\* (2 or 3 30 minute sessions each week can achieve real benefits)

Call Gymophobics Welwyn Garden City on 01707 707100 to arrange a free consultation.

This voucher has no cash alternative and is not transferable. It cannot be used in conjunction with any other offer or promotion. Photocopies will not be accepted. Rights are reserved to refuse custom and withdraw this offer at any time.