



**F I T N E S S**

**MERRY CHRISTMAS  
FROM J13 FITNESS**

W W W . J 1 3 F I T N E S S . C O . U K

**5 X PT SESSIONS  
GIFT VOUCHER**

*To* .....

*Merry Christmas*

*From* .....

To book your first personal training session please contact:  
Mob: 07952910757  
Email: [hello@j13fitness.co.uk](mailto:hello@j13fitness.co.uk)

We look forward to working with you on your health and fitness goals.