

Want to get fit?

Not sure if going to the gym is for you?

Why not try **easyGYM**

easyGYM at Shard End Community Leisure Centre offers a total body workout without overstressing joints or muscles.

Our **easyGYM** machines work your muscles rather than you working the machine.

Use all 6 machines and get a total body workout.



Ideal for people who have:

- Osteoporosis
- Mobility problems
- Joint problems
- Poor posture
- Muscle tone problems

call...

0121 464 5485

for more details

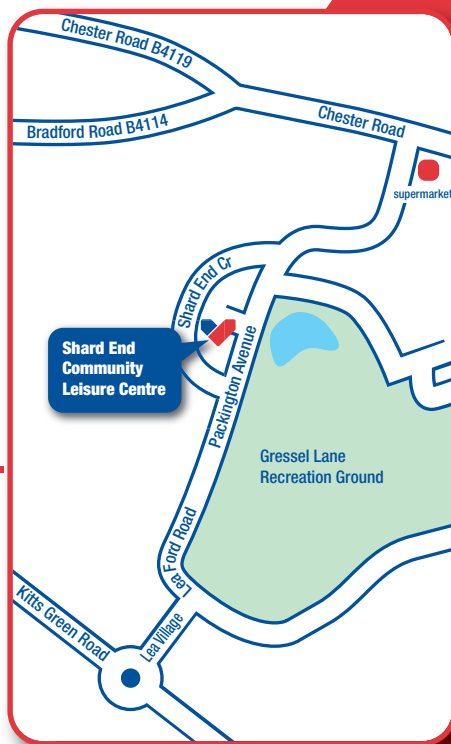
FREE Introduction to easyGYM

Want to find out more?

Contact us NOW for **FREE INTRODUCTION**

Group inductions are available,
bring your friends and find out how you
can start exercising at **easyGYM**

Bring this leaflet to claim your
FREE Introduction.



**Shard End Community
Leisure Centre**

**170 Packington Avenue,
Shard End B34 7RD**

call...

0121 464 5485
for your FREE INTRODUCTION