



ZEST
Ladies Health & Fitness Club

Friendly ladies gym & personal training studio
 An approved exercise on referral centre

1 WEEK FREE TRIAL
 Phone 01691 671471 to book an induction

ZestOswestry 

GYM OPENING TIMES



Monday	8am - 2pm	4pm - 7pm
Tuesday	8am - 12pm	4pm - 8pm (7pm - 8pm Boxercise)
Wednesday	8am - 2pm	4pm - 8pm (7pm - 8pm Pilates)
Thursday	8am - 1pm	4pm - 8pm (6pm - 8pm Boxercise)
Friday	8am - 12pm	(4pm - 7pm Martial Arts Boxing)
Saturday	8am - 1pm	



Intermediate Pilates Wednesday 10am - 11am and Pilates Stretch Thursday 12pm - 1pm and Friday 9am - 10am

Membership cost is just £34 per month and includes unlimited use of the gym and 3 x instructed group training sessions per week. Pop in and see our special offers too!

NO CONTRACTS, NO JOINING FEES, NO MEN, NO MIRRORS, NO NEED TO GO ANYWHERE ELSE!

LADIES ONLY PILATES AEROBICS PERSONAL TRAINING NUTRITION ADVICE
 KETTLEBELLS SPORTS MASSAGE KINESIOLOGY TAPING CARDIO MACHINES
 HYDRAULIC RESISTANCE MACHINES STABILITY BALLS COFFEE MAKING FRIENDS
 TUMMY EXERCISES INSANITY HIP HOP ABS METAFIT WEIGHTS & MEASUREMENTS
 PRE & POST NATAL SESSIONS CONSTANT SUPPORT FACEBOOK GROUP DIET CLUB
 PAY AS YOU GO OPTIONS HOLISTIC THERAPIES FRIENDLY & RELAXED ENVIRONMENT