



Come along and see why Zest Ladies Health and Fitness is 'more than just a gym' Once you walk through the door you will feel the difference – we pride ourselves on our relaxed atmosphere and our dedication to your goals.



Personal training in small groups on the hour throughout the day – we have 100's of workouts in our repertoire and they can be tailored to your abilities and preferences. We offer Pilates, interval training, circuit training, boxing/martial arts, metafitness, stretching, strength and endurance training to name a few.

Get the results you want and the motivation to keep going. Your trainers know what you are feeling and will help to push you through. All ages and abilities welcomed. Zest is an **Exercise on Referral gym** –your doctor can refer you if you are not sure you are ready for exercise after an injury/ill health/operation.

NEW

TONE UP YOUR PELVIC FLOOR THIS SPRING

- Urinary Incontinence affects over 5 million people in the UK with 20- 55% of women affected depending on age/no of children.
- This condition is not exclusive to the elderly population – over 20% of ladies over 40 are also suffering
- Incontinence is a major cause of elderly people being put into residential care
- Creates social isolation as people are unwilling to go to places where they are unsure about availability of toilets
- Makes many people more inactive by avoiding exercise due to embarrassment

Zest have introduced a tried and tested pelvic floor muscle therapy course for:

- * Any age group
- Pre and Post- Natal ladies
- Ladies suffering from some prolapse conditions
- Ladies who are just concerned that their pelvic floor isn't what it should be
- Ladies who want to keep their pelvic floor in tip top condition

Each course of six sessions costs £48.00. Classes are available on Monday, Tuesday or Wednesday each week. Book early to avoid disappointment. MEN'S CLASSES STARTING SOON WITH A QUALIFIED MALE PILATES TEACHER

ZEST Ladies Health and Fitness Club

Cambrian Buildings, Coney Green, Oswestry, Shropshire SY11 2LJ

Tel: **01691 671471** or **07855 367771** and speak to **Pauline.**

www.zestladieshealth.com

zest.oswestry

