

# LSPT

Lianne Smith Personal Trainer



Do you want to get fit and have fun?

Lianne Smith is a qualified Personal Trainer  
- offering you the chance to do both!

**Catering to all abilities - no experience necessary.**

Sessions are held at:

Day/date:

Time:

**Just £4.00 per session.**

All you need to bring with you is a sweat towel,  
a water bottle & enthusiasm!

We'll provide the rest...

**Any questions? Contact Lianne Smith:**

07585 449573

liannesmith.personalfitness@gmail.com

Circuit Training is a great way to increase your cardiovascular performance & stamina, build muscle, improve strength and conditioning, burn fat and most importantly...

**Have fun!**

  
**MAGNA VITAE**  
TRUST FOR LEISURE & CULTURE