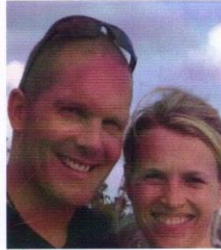


Exclusive Fitness

- * Do you need a kick start to get active?
- * Or to give yourself a challenge?
- * Fancy a whole day of physical activity and nutritious food, in beautiful surroundings?



Well Russ and Michelle are offering just that!
In the lovely surroundings of Howfield Manor Hotel, situated in Chartham Hatch, Canterbury, Kent.
An opportunity for some time out to enjoy an array of exercise classes, nutritious fresh food and drinks, throughout the day, prepared by the Hotel restaurant, all in a luxury setting.



For more information and to book your place, please contact:

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Michelle Mobile: 07766 651612

Email: mitch.fit@hotmail.co.uk