



Presents...

**J.I. FITNESS**

**EXTREME Abs  
Blast**

**Do you want 6-pack Abs and a Strong Core?**



If so, then this workout is for you. **Don't expect it to be easy either**...our goal is to make you work and get the abs you have always wanted!

**Wednesday Evenings 7.15 -7.45pm**

Please register your interest at Lakeside Health Club Reception due to limited availability

For further information contact  
Jess at [Jessison@hotmail.co.uk](mailto:Jessison@hotmail.co.uk)