

Low Cost Fitness



Try our affordable
6 week gym trial*

Results guaranteed or your money back**

6 week trial* includes:

- 5 FREE 1-to-1 sessions with an instructor
- Gym
- Swimming
- Workout Classes
- Sauna and Steam

Rebecca on track to a bikini body

Going to the kinetika gym has transformed Rebecca Weaver's life as well as her body helping her to lose inches and gain more energy in the process.

The 27-year-old joined her nearest kinetika gym and Rebecca began to feel and see the difference straight away, "Each time I went to the gym for a workout, I could not only feel the difference in how I exercised but I could also see the amount I had toned up. This made me really motivated to keep going to the gym as I knew I was moving closer to achieving my goal."

Finding out that she had lost a total of 12 inches from her body, Rebecca is now a regular visitor to the kinetika gym. "The staff are more like friends now because I'm here so often! They have made a real difference to my life by being so supportive in achieving my targets which has resulted in me having more energy to play with my two children at home," says Rebecca.



BEFORE



AFTER

Limited offer. Call us now!

Fleming Park Leisure Centre
Passfield Avenue, Eastleigh,
Hampshire, SO50 9NL
02380 684800
enquiries@flemingparkleisurecentre.co.uk

River Park Leisure Centre
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 kinetika
fitness
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Fitness Industry Association
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Winchester
City Council

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BOROUGH COUNCIL

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*Charges apply. **Terms and conditions apply.