

# Get Results!

# with the **NEW**

# No Limits Journey

A pioneering health, fitness and weight loss programme with

**RESULTS GUARANTEED –  
OR YOUR MONEY BACK!\***

You'll receive a personalised programme of 5 individual sessions with an instructor to help you reach your goals.



Only available at Maesteg Sports Centre & Bridgend Recreation Centre

**Reserve your place at Reception today!**  
or visit: [www.bridgend.gov.uk/leisure](http://www.bridgend.gov.uk/leisure)

\*Terms & conditions apply



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Join the 'No Limits Journey' and you'll receive a programme of 5 individual sessions with an instructor to help you reach your goals. Research has shown that following this type of programme dramatically improves your chance of success – whatever your goal!

## Who is the 'No Limits Journey' for?

### NEW TO EXERCISE

Your instructor will help you understand the principles of exercise and nutrition and will provide you with top quality, fun sessions that teach you how to drive your body and to get the results you want. You'll be taken from being a beginner to confident in just 30 days.

### RETURNING TO EXERCISE

We will introduce you to new techniques in coaching and training concepts getting you fit quick and focusing your mind on short term goals and results. We will introduce you to the challenges of compound workouts and core stability training. What is more we guarantee results!

### ALREADY EXERCISING REGULARLY

Our fitness professionals will work with you so that you get the best out of our facilities. You will be introduced to new training techniques and we'll ensure that your nutritional awareness aids your recovery from your current exercise regime. We will work with you in a way that compliments your training and gets you the results you want.

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