



Date: Saturday 16th October
 Time: 10.30am—1pm
**H G WELLS
 CENTRE
 Church Street East
 WOKING**

MOVES FITNESS AUTUMN LAUNCH

Cost:
 £13 pre-booked
 £18 on the door

INSPIRATION, POWER, ENERGY

Join hundreds of Moves Fitness students and teachers for a morning of inspiration, empowerment and energy



Participate in the Moves Fitness Autumn Launch, where founder Cindy Gilbert will introduce a fabulous new set of routines, give tips on how to improve your exercise technique and fill you full of inspiration. See top teachers on stage and connect with Moves Fitness students in an exercise extravaganza.

Live Fit, Learn More. Love the experience!

An incredible offer from Debenhams—25% off power hour!
 Debenhams Woking is offering 25% off everything in their women's fitness section for one power hour of shopping following our Autumn Launch. Join us at the Peacock Centre for refreshments, music and fun!

INSPIRATION, POWER, ENERGY

Moves Fitness Ltd
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 Randalls Road
 Leatherhead, Surrey
 KT22 7RY

Phone: 0845 345 1682
 Fax: 0845 345 1683
 E-mail: moves@movesfitness.com

Booking form—please complete and send back to us or hand back to your teacher with payment

Teachers Name: _____

Name _____

Address _____

Phone _____ Email: _____

Payment enclosed of £13 (please note that this is non-refundable). Cheques payable to Moves Fitness Ltd.

Signature _____