



# INSPIRATION, POWER, ENERGY

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



Participate in the first Moves Fitness Spring 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 Spring Launch. Join us at the Peacock Centre for refreshments, music and fun!

Booking form—please complete and send back to us with payment

Teachers Name: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_ Email: \_\_\_\_\_

Payment enclosed of £12 (please note that this is non-refundable). Cheques payable to Moves Fitness Ltd.

Signature \_\_\_\_\_

Date: Saturday 6th February

Time: 10.30am—1pm

**H G WELLS**

**CENTRE**

**Church Street East**

**WOKING**

Cost:

£12 pre-booked

£16 on the door

**MOVES FITNESS SPRING LAUNCH**

INSPIRATION, POWER, ENERGY

Moves Fitness Ltd  
Suite H2, Leatherhead Ent. Centre  
Randalls Road  
Leatherhead, Surrey  
KT22 7RY

Phone: 0845 345 1682

Fax: 0845 345 1683

E-mail: [moves@movesfitness.com](mailto:moves@movesfitness.com)