

## Re:charge<sup>SM</sup> Gym

Sprint, stretch, lift and pump every Saturday with Fit Club by Fitness Engineers, a new way to get fit and reduce stress.

Step into the Fit Club and enjoy:

Group fitness class

Weekly body fat test

Weekly weighing

Monthly nutrition plan

**BMI Check** 

**Blood Pressure check** 

RE:FUEL Breakfast selection provided by Aloft London

Sauna, steam room and pool access the day of the training

## £20 per session

4 Sessions must be booked in advance in order to join Fit Club
To book your class please call Darrell Rabess,
Personal Trainer at 0207 205 2412

Booking in advance is required