

# ***NOW OPEN - Strathmore Personal Fitness Studio.***



- ✓ No Joining fee or locked in contracts
- ✓ Comfortable & friendly training Studio
- ✓ Professional trainers
- ✓ Personalised Programs
- ✓ Support & Guidance
- ✓ Premium facilities
- ✓ Results focused training
- ✓ Affordable packages



***www.ltyb.com.au - 4 / 5 Lloyd St, Strathmore - Ph. 9374 3355***

## About LTYB.

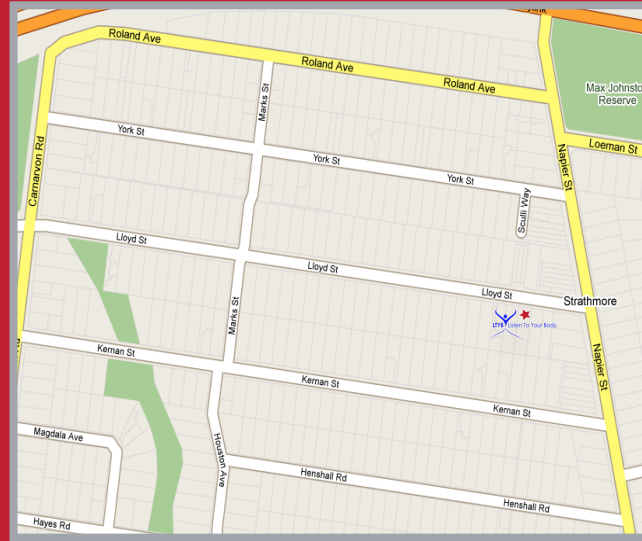
*The focus of our Strathmore studio is simply all about getting you results the most efficient way.*

*The studio provides a comfortable, non intimidating environment that allows you to enjoy exercise regardless of your current fitness level or age.*

*With a mission to provide the highest quality service, you can be assured you will receive all the support and guidance needed to reach your health and fitness goals.*

***“ Results focused personal training ”***

***E-Mail: [enquiries@listentoyourbody.com.au](mailto:enquiries@listentoyourbody.com.au)***



***Present this voucher for a FREE  
no obligation Health Consultation.***

*Valid till 1 April 2009, one per person.*