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New to Little Eaton and Dayfield



# Spice

Holistic Beauty  
Tailored  
Pampering

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*It's a piece of Cake..*



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Call Karyn at AllThingsLocal  
on 01332 882 882  
or 07977 272 770  
karyn@allthingslocal.co.uk



## WHAT I CAN DO FOR YOU

I can create a fitness schedule to achieve your realistic goals. From running a marathon to simply losing weight and toning your body. The tailor made training program will be designed to fit around your working and personal life. The program will be interactive from both parties to ensure your full potential is achieved, but with the emphasis on enjoyment and fun. I will perform regular assessments with visible feed back to ensure we are on track to meet your goals.

T. 01773 512 410  
M.07817 337 861



"Do you feel the need to lose weight or maybe just get into shape for your holiday? Are your clothes starting to feel uncomfortably tight? Maybe you're doing a Charity Run. I will help you to achieve your goals, whatever they may be."



Packages Available to Buy - a Gift with Fantastic Benefits

Alex Robinson  
Personal Trainer Level 3  
Nutrition Level 3  
Boxercise Personal Trainer  
Lifestyle & Fitness Level 3