



**Hesketh**  
Personal Training



The dress has been bought,  
the groom's morning suit  
is on order.

So how about adding  
that extra final touch to  
your wedding day photos,  
and your guests' faces, by looking fantastic!!

***get fitter - faster***

**Hesketh Personal Training are experts in muscle  
toning and weight loss.**

Your wedding day is possibly the biggest and most special event you will ever arrange, where you want everything to be perfect. Through Personal Training Sessions or Our Bridal Party Boot Camps we will give you **toned arms, shoulders and back** and **perfect glowing skin** for that **Glamorous Wedding Look** ! Plus **Lean abs, hips and thighs** for your **dream Wedding honeymoon!**

**It is our mission to improve your confidence and self esteem and to  
ensure you look and feel your absolute best on the  
happiest day of your life**

**Call today to arrange your FREE no obligation consultation**



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