

**FUTURE FITNESS**

**ADVERTISEMENT FEATURE**

# Make a change and sign up to a golden future

ARE you looking to lose some extra pounds, or shape up for the holidays? Then why not take advantage of a special offer down at Future Fitness? As part of the Department of Health's Change-4-Life campaign, the Leek club is offering just 75 discounted Gold memberships at the special rate of just £3.99 per week, paid monthly, and guaranteed for 36 months. That represents a saving of more than £435. Jackie Lyall, who owns and manages the club, believes strongly in offering exercise that is so contagious that you instantly feel comfortable. She and her team have helped countless people achieve their fitness goals and that's what the team remained committed to - helping you to achieve your goals. Jackie said: "The benefits of exercise are numerous and undeniable. Regular exercise is proven to reduce stress, blood pressure and cholesterol, while



easing the pain of arthritis, rheumatism and injury". She added: "Exercise is particularly beneficial in affecting the way we feel. "After exercise, our bodies naturally produce feel-good endorphins which assist in developing energy and boosting confidence and self-esteem. "If you are looking to get more out of life and keep on smiling until you are 100, let me recommend exercise!" Situated on Salisbury Street, just off the High Street, the club hosts separate cardio and resistance sections with

modern equipment. It also has separate saunas, including an infra-red ladies-only one. Future Fitness has also acquired the enviable reputation of being one of the region's friendliest clubs. Gold membership at the club includes full use of facilities during opening hours, with no time restrictions, an induction, a personalised training programme and use of the sauna. So, if you are looking to tone up, slim down, build up or just simply make new friends, Future Fitness is the club for you! Now is the time to make a commitment to help you Change-4-Life! Remember, the club is only offering 75 memberships at the discounted rate on a first-come, first-served basis, so to avoid disappointment, call Cordell or Gareth immediately on 0800-9520-517 or go online at [www.change-4-life.org/leek](http://www.change-4-life.org/leek) and enter the code 'npap1'.



**WELL EQUIPPED:** Above and below, the impressive range of equipment and facilities at the Future Fitness club, in Leek.



**NON-TRENDY...VERY FRIENDLY | UNLIMITED USE OF EQUIPMENT | DANCE STUDIO & PUNCH BAGS | INFRA-RED SAUNA**



## future for every lifestyle **FUTURE FITNESS**

Salisbury St. Leek ST13 5EE



**EAT WELL**

**MOVE MORE**

**LIVE LONGER**

**CALL TODAY!**

**£3.99**

per week paid monthly  
save over £435.00!

**FEMALE ONLY  
INFRA RED  
SAUNA (GREAT  
FOR ACHES &  
PAINS)**

**JOIN  
ONLINE!**

As part of our CHANGE4LIFE CELEBRATION we at Future Fitness in Leek are offering 75 specially reduced memberships at only £3.99 per week paid monthly (guaranteed for 36 months!). Call today to secure your membership online [www.change-4-life.org/leek](http://www.change-4-life.org/leek) with reservation code - FC75 (this code is vital to securing your place)...save over £435.00!

**CALL: 0800-9520-517**

ONLY 75 MEMBERSHIPS AVAILABLE

[www.change-4-life.org/leek](http://www.change-4-life.org/leek) enter code - FC75 (to be eligible) - ONLY AVAILABLE TO NEW MEMBERS



**ONLY 75  
AVAILABLE!**

**OR CALL 0800-9520-517  
ASK FOR GARETH OR CORDELL**