



**Quick
Loss**

**Sandra Cabot
Quick Loss Centre,
book for your
consultation!**

**Personal
Training, 1 hour
sessions, great
value, fantastic
results!**

**Memberships
from a low
\$9.25 per week!**



SoFit
GAWLER

Introducing new...

Fit-Kids

Educational fun exercise for boys and girls of all fitness levels. From 8yrs of age. Tuesdays at 4pm. Commencing 16th October, only \$54 for the term.

Shape up for Summer at SoFit with ladies specific training programs, weight management consults with qualified weight loss and nutrition consultants.

6 consults for only \$90!

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email sofitgawler@bigpond.com. Visit us at www.sofitgawler.com

