



CHRISTMAS CHEER SPECIAL OFFER

PERSONAL TRAINING
up to 5 sessions a week
for a month for £350.

Offer available until 31st January.

with an offer like this it won't hurt
to over indulge this Christmas

www.toa-training.org.uk





TOA
Training

Website: www.toa-training.org.uk
Phone: 07989168872
Email: mike@toa-training.org.uk

Specialities: Weight loss, muscle toning, sports specific training, kettlebells and boxing. Nutritional advice, time to yourself away from everything and everyone.

MIKE PERERA, founder of TOA Training, is an experienced personal trainer, a performance boxing coach and an Extreme Kettlebells instructor. He believes in motivating you to really enjoy achieving your fitness potential with a variety of exercises and advice tailored to your personal needs and preferences. Sessions can be either in the fully equipped studio in Amersham or at your own home. Why not fight off the winter blues and meet the New Year's challenges.

For information on sessions, prices, packages and special offers contact Mike Perera:
Mobile: 07989 168 872 Email: mike@toa-training.org.uk Website : www.toa-training.org.uk