



TOURNESOL FITNESS

Newsletter June 2022

Summer Mid-section Meltdown starts 13th June! £20 until 10th June, £27 after that

7-day programme of core-focussed workouts and nutritional and lifestyle advice to help shift fat stored around the belly. No faddy diets, just good exercise and lifestyle tips



Beginner's Strength Training Course starts 20th June!



7-day programme of simple exercises using dumbbells to help you increase lean muscle, improve bone density, kick-start metabolism and help with fat loss

7 online workouts for £10

