

THE GYM

@ Oakleigh Park Tennis & Squash Club

Newly refurbished – open 7 days a week



- Weight loss
- **General fitness**
- Toning and firming
- **Strengthening and conditioning**
- Posture correction
- **Nutrition advice**
- Sports massage
- **Individual training**
- Group sessions
- **Gym membership available**



100 Oakleigh Road North, London N20 9EZ
www.oakleighparkclub.co.uk

**THE BEST PROJECT
YOU CAN WORK ON IS...**

YOURSELF!

**Personal Trainer Ashley Flavell
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