

Ever wondered what it would be like to have your own Personal Trainer, or how to progress and develop your training to get the best out of your time in the gym? Well BS7 is giving you the opportunity to find out by offering **FREE TRIAL PERSONAL TRAINING!**

Stay injury free, motivated, learn new techniques and maximise your results with a BS7 Personal Trainer. What ever your goals or starting point, we've got a trainer for you.

Right now you can book a **FREE** sample session to experience Personal Training for yourself, ask any questions relating to your exercise requirements or address specific issues or injuries you might have.

To book your free session simply see a member of the fitness team or call reception 0117 910 8000 and one of our expert Personal Trainers will call you back to arrange your booking.

As a regular Personal Training client you also have the opportunity to gain free training sessions simply by referring a friend who then undertakes Personal Training themselves with BS7.

BS7 – Giving you the best opportunity to achieve your goals.