



CALL YOUR NEAREST
SHAPERS BRANCH
TO GET STARTED

BROMLEY

146 High Street, Bromley. BR11EZ

020 8460 0100

Next to Specsavers on the High Street.

CROYDON

96 Drummond Road, Croydon. CR0 1TX

020 8681 0600

We are next to Reeves Corner and behind the Centrale Shopping Centre at the bottom of Church street. There are car parks, tram and bus stops all within a minutes walk of us.

EPSOM

24 Upper High Street, Epsom. KT17 4QJ

01372 741 821

We are located on Epsoms' Upper High Street two doors away from Odeon Cinema. We are just 10 minutes walk from Epsom train station with trains direct from London.

ORPINGTON

95 High Street, Orpington. BR6 0LF

01689 833 818

Our ground floor entrance is situated on Orpington High Street next to Pizza Express. There is a Bus Stop just outside and parking in Bromley museum or side roads.

SUTTON

54-56 Grove Road, Sutton. SM1 1BT

020 8661 9000

We are located a few doors away from Morrisons Car Park entrance on Grove Rd. Alternatively buses run from directly outside Sutton rail station (5 mins walk away). We are the same bus stop as the Main Post Office.

SYDENHAM

10 Station Approach, Sydenham. SE26 5EU

020 8778 8111

We are directly opposite Sydenham train station and just off Sydenham Road. There are bus stops on this high street and free car parking in the near by Girton Road, 4 minutes walk away.



Ladies Only

Expert Help For Real Results

**All Ages
Shapes &
Sizes
Welcome**



Please call
to arrange a
**FREE
GUEST
VISIT**
see reverse for
your nearest branch

OPENING HOURS

Mon to Fri 8:30am - 8:30pm, Sat & Sun 9am - 3pm

www.shapers-fitness.co.uk

OUR EXCLUSIVE LADIES ONLY HEALTH CENTRES PROMOTE UNIQUE WORKOUTS DESIGNED AROUND ACHIEVING YOUR GOALS. IF YOU DESIRE WE CAN ADDRESS HEALTHY EATING & SKIN TIGHTENING TREATMENTS.

Our unique 30 minute exercise circuit is specially designed to make figure improvement FUN, and easier than you ever thought possible. Don't worry about how unfit or out of shape you may be, as each programme is tailored to suit the individual.



Whether you are 18 or 80 plus, you will love the beautiful surroundings, the complimentary Coffee Lounge and the continual personal attention.

You will love the female bias of a ladies only facility, and at less than half the cost of most fitness clubs, you will appreciate our no frills prices.

Best of all you will love the fast results!



Most ladies drop a dress size and stone in 6 - 8 weeks. Sessions can be by appointment so there is no waiting around and you can be in and out in just half an hour per session. Two or Three visits each week is all it takes to change your shape and change your life!

Why not give Shapers a call right now to arrange a free introductory visit to find out more?

You will be glad you did.

10 GOOD REASONS TO JOIN

- 1 Figure Shaping** Whatever your age or state of fitness, Shapers can help sculpt your figure to ideal proportions.
- 2 Weight Loss** The unique Shapers weight loss programme burns excess fat and speeds up metabolism.
- 3 Toning & Fitness** Muscles are toned and the body becomes leaner and firmer. The tummy is flattened, the bust is lifted, flabby areas eliminated.
- 4 Posture** Core muscles are strengthened, posture is visibly improved.
- 5 Energy** Circulation is boosted & increased oxygen is available to release energy throughout the body. Within weeks you will feel totally re-energised.
- 6 Anti-aging** Improved circulation boosts nutrient delivery to the cells, helping you look young and feel younger.
- 7 Mobility & Strength** Increased joint mobility can be anticipated. Both muscle and bone strength is increased, reducing the risk of osteoporosis in later life.
- 8 Confidence & Self Esteem** Knowing you look and feel good gives you a positive mental attitude to live life to the full.
- 4 Price** Membership averages just £32 per month for unlimited access.
- 10 Time** Sessions can take just 30 minutes.