

# GOOD CONDITION

## FITNESS & REMEDIAL CENTRE

**GET IN SHAPE FOR CHRISTMAS AND START 2017 FEELING GREAT..!!!**

Good Condition Fitness and Remedial Centre is pleased to announce it's new premises in Lincoln's Allenby Business Village.



Now in our 7th year of Personal Training and Sports Massage Therapy we have secured a 2 level centre with free parking for visitors to enjoy their private One to One fitness appointments.

Two Personal Training Studios - each with free towels and you're choice of music.

Two Sports Massage Therapy Rooms one on each level for easy booking.

Changing Room, Shower & WC facilities.

Free parking every day



**Christmas Offer - FREE SPORTS MASSAGE THERAPY VOUCHER**  
when booking a Start Up Personal Training Package

**DROP BY OR CALL RECEPTION TO BOOK IN FOR WEIGHT MANAGEMENT CONSULTATIONS, SPORTS MASSAGE, SMALL GROUP CLASSES AND PILATES.**



**SIMPLY CALL GOOD CONDITION LINCOLN ON:**

# 01522-525250 TODAY.

**GOOD CONDITION FITNESS & REMEDIAL CENTRE**  
Personal Training, Sports Massage, Small Group Classes

**Venture House Allenby Business Village, Crofton Road, Lincoln LN34NL**