

# The Richmond

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## The m8 Training Studio

Being a mum means finding time for yourself is a challenge, but taking time out to exercise can really help, giving you a boost of energy and making you feel good about yourself.

Personal Training with motive8 is the ideal way to feel revitalised and tone up either during or post-pregnancy.

Our state-of-the-art training studio offers all the latest fitness equipment in a private and stylish environment while our qualified trainers will guide and motivate you towards achieving visible results.

Small babies can even come with you and watch from the sidelines!

Personal Training  
Only £35\*



3 Kew Bridge Arches  
Richmond, Surrey  
TW9 3AW

m8  
motive8  
health and fitness redefined

Call now on: 0800 028 0198

\* Reduced price Personal Training sessions available at off-peak times only, 9am-3pm. Appointments by booking only. Prices are subject to VAT.

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