



Oundle School
**SPORTS
CENTRE**



It's all about...

Fortify Fitness

Fortify Fitness is an opportunity to join our life-changing 12-week programme to mentally, physically improve and strengthen your lifestyle. Whether you have a goal in mind and need some guidance and structure, or you just want to feel accountable for your actions, one of our programmes is ideal!

Available to purchase with or without a membership!

Our *Fortify Fitness* Programme includes;

An initial consultation and health check

A 30-minute face to face motivational session per week

A programme suited to your training availability and needs

4-weekly reviews and nutritional advice.

www.oundlesportscentre.co.uk

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