

The Other Writer wrote this copy for a flyer to be used by a local fitness Centre:

## **The Chi Fitness Studio**

Want to get fit? Want to loosen-up tired limbs? Need a stretch after long hours in the office? Or Do you want to shed a few pounds?

**Find better health, fitness and well-being at  
The Chi Fitness studio.**

Unlike larger gyms and health complexes The Chi Fitness studio is small, friendly, and personal. We're dedicated to offering you a one-to-one health service, that is shaped to suit you, your aims and your lifestyle.

You can choose to work with a small group seeking the same goals as yourself or you can book personal sessions with fitness guru George Barnes.

Through a unique combination of Pilates, martial-arts for fitness, yoga, general body toning and strength work, running, weights and work-outs you will receive specific and personal attention and follow a course planned to achieve your goals.

No other fitness organisation operates such a unique blend of exercise routines and it really doesn't matter about your current level of fitness - from couch potato to aspiring athlete, we will plan the right strategy - personally, just for you.

Call George today or email him to discuss your aims and for further information about the unique, personal Chi Fitness system.

Call 01252 XXX XXX or email [GeorgeB@Chi](mailto:GeorgeB@Chi). etc.etc