



LOOKING FOR PREMIUM GROUP FITNESS  
CLASSES AT A REASONABLE PRICE?



**When:** Saturday  
afternoons at 2:30pm

**Where:** Cooper Hall

**Price:** \$50 per session or a  
special introductory price of  
**5 sessions for \$150.**

**First session: January 14th 2017**

Shape Shifters is a new  
and dynamic fitness  
brand offering  
high-impact group  
sessions without any  
equipment. The owner,  
Adam, is ex-military and  
has over 8 years of  
experience.



**[Check us out on Facebook!](#)**

[www.facebook.com/  
adamshapeshifters](http://www.facebook.com/adamshapeshifters)

**[How do I book sessions?](#)**

**Email Adam at:**

**[Smith.adam2114@yahoo.co.uk](mailto:Smith.adam2114@yahoo.co.uk)**

**Limited  
places  
available!**