



BOOST YOUR  
MIND, BODY & SOUL

ZESTUS

# BOOST CAMP

***GET YOUR MOJO BACK  
WITH A WEEKLY  
WELLBEING WORKOUT***

***WE FOCUS ON THE FUN OF EXERCISE AND ACTIVITY  
NO PRESSURE, NO STRESS - JUST SWEAT, LAUGHS AND CHEERS***

**TUESDAYS AT 11.00AM. ZESTUS FITNESS,  
AT THE BOTTOM OF LANCASHIRE HILL,  
STOCKPORT TOWN CENTRE**

**FOR MORE INFORMATION AND TO BOOK, CONTACT:  
STEVE@THE-THREAD      07808 773264**



**BOOST**  
STOCKPORT

STOCKPORT  
COMMUNITY  
Champions!



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