

La Villette

Hotel & Leisure Suite

St. Martin, Guernsey, Channel Islands GY4 6QG

Telephone:01481 235292Facsimile:01481 237699

E-mail:reservations@lavillettehotel.co.uk

Website:www.lavillettehotel.co.uk

Guernsey Tourism☆☆☆ **AA**☆☆☆

Fitness information & booking requests

Fitness Testing, Personal Training, Gym Inductions, Fitness Information ?

New to the Gym? – get on the right track with an induction or a tailor- made programme to get you started.

Personal training one to one to help you reach your targets!

Fitness testing - just how fit are you? - Why not find out?



Complete this form and hand it in to the club reception or ask to speak to our fully qualified personal trainer Anda Jones

Full Name _____ Membership Number _____

Home Tel _____ Mobile Tel _____

I would like more information on /
I would Like to Book a

Gym Induction

Tailor – made Programme

Fitness test

Personal Training

To help us give you the best possible relevant advice please tell us about your fitness aims & goals.

Please leave this form once completed with a member of staff at the club's Reception desk and Anda will contact you with more information.