

R G STRENGTH & PHYSIQUE Open Day



OPEN DAY

**Saturday 28th January 2017
11am - 3pm**

**R G Strength & Physique,
Unit BR2/3,
Dean Clough, Corporation
St, Halifax, HX3 5AX**

Bring a friend along and
children are welcome!

We would like to invite you to our
open day to meet the team, have a
look around and find out about the
services we offer here at R G
Strength & Physique gym:

We have Amy (ALC Sports Massage
& Remedial Therapy) offering free
10 min neck & shoulder massage;

Alicia (Rainbow of Health) offering
healthy treats and nutrition advice;

Gym challenges with prizes;

Goodie bags and vouchers for
discounts and much more...