



Richard Withers
Sports & Remedial Massage

Sore Shoulders or Neck?

Aching Back?

Tired Legs?

Book Your FREE

15 Minute

Sports Massage

on

Tuesday 16th and

Friday 19th September 2014

Between 6:00pm – 9:00pm

Free To all Uplands Gym Members

Book your free 15 minute treatment at reception

Only one treatment per person