



Your Personal Fitness Experts

Personal Training

Mint Condition based in Binsted is the areas only fitness club dedicated to one-to-one Personal Fitness Training.

- One-to-one Personal Training
- Sports Massage & Injury Treatments
- A range of group exercise classes
- Private Facilities
- Diet and Nutrition
- Coffee Lounge

Call our professional team today and book in for a free fitness consultation and tour. Call 01420 590590

BOOK NOW! Call 01420 590590

Email: ginny@mint-condition.com

www.mint-condition.com



Group Exercise Classes

Monday

- **Cheerleading** (7-12 yrs) 5.00 - 6.00pm
- **Pilates** 6.15 - 7.15pm
- **Circuit Training - New** 7.15 - 8.00pm
- **Spinning** 7.30 - 8.15pm

Thursday

- **Cardio-Jam** 6.00 - 7.00pm
- **Pilates** 7.00 - 8.00pm
- **Weight Loss Course - New** 8.00 - 9.00pm

Friday

- **Pilates** 9.30 - 10.30am
- **Weight Loss Course - New** 10.30 - 11.30am

Saturday

- **Spinning** 8.15 - 9.00am
- **Pilates** 9.30 - 10.30am
- **Zumba** 10.30 - 11.30am

**BOOK
NOW!**

Mint Condition, The Barn, Binsted Road, Binsted, Alton, Hampshire GU34 4NU

