

# HALTON

HEALTH & FITNESS CLUB

## REFER A FRIEND

And you'll receive a free Health MOT with Gemma  
Including: BMI, body fat, blood pressure, cholesterol testing,  
urine analysis, cardiorespiratory fitness assessment  
and dietary advice.

OR A 40 minute Personal Training Session

OR A 40 minute Massage

Your Name: .....

Friend's Name: .....

Friend's Phone: .....

Friend's Email: .....

Gift Choice:     Health MOT     40min PT Session     40min Massage  
(Please tick)

**Gemma Elliott-Wetton**  
Strength & Conditioning Coach  
M: 07762 543207

Please hand this document in at the admin office.  
For further information please [contact haltontennis@btinternet.com](mailto:haltontennis@btinternet.com)

