

## Getting Bath Families Fit

Genesis, the Bath based Lifestyle and Fitness Centre is running a series of fitness programmes to get the whole family in shape over Easter! The centre is running keep fit sessions for 6 – 14 year olds at 12 noon on 14th and 17th April at just £4 per session. There is also a crèche with activities for the under 5s for £3 per child. The purpose is to make keeping fit fun and an activity which the whole family can enjoy together. Genesis will also be offering a full children's programme over the summer holidays.

*All courses need to be booked in advance by calling Genesis on 01225 481234*

Genesis is now offering readers a free one-hour 'Life changing fitness consultation', so why not come along, while your children are being kept busy!

Genesis prides itself on its holistic approach to exercise, which looks at you as a whole person and your drivers for keeping fit. All fitness programmes include regular coaching from your own personal trainer to keep you happy, motivated and ensure you reach your personal fitness goals. Genesis has qualified staff to deal with any previous health issues, whether you are post natal, post surgery, post illness or just seeking a new lease of life.

### **Now offering all Chronicle Readers a free one-hour 'Life Changing Fitness Consultation', which includes:**

- Full fitness assessment, measuring blood pressure, lung capacity, body fat & risks of chronic diseases
  - Medical to identify any limitations to exercise
  - Identifying target fitness areas, like cardio, strength, flexibility, toning, post-operative, cardiac rehab & back pain
- Goal setting – next year's marathon? • Half hour gym workout with trainer
  - Personal Fitness Training • Couch Potato Break Out
  - Drop-in Studio Classes • Crèche Facility
- Massage, Physiotherapy, Osteopathy, Chiropody & Podiatry

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**Call 01225 481234 to book your consultation  
or for further info email [info@genesisbath.co.uk](mailto:info@genesisbath.co.uk)  
or visit [www.genesisbath.co.uk](http://www.genesisbath.co.uk)**