



LONDON



The Soho 'Skinny School'

January is always a time when people want to lose weight – and the Soho Skinny School is exactly where you need to be to do it. Run by Soho Gyms' Life Coach, Stephen Hewson, the twelve week course includes dynamic weekly group seminars and a free one to one coaching session.

Soho Skinny School commences on Monday 12th January at 8pm at Soho Gyms Waterloo.

Your investment is only £180. You won't be counting calories. You will be examining your relationship with food & learning powerful new strategies to lose weight & keep it off.

Get excited! It works!!

For more details call Stephen Hewson

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