

LAX

BY LA FITNESS

Primal Series™ from LA fitness is an exclusive series of 30 minute dynamic, high intensity classes that take fitness back to basics by building on natural movement with the latest functional training kit and techniques. Burn up to 500cals in just 30 minutes choosing from our five classes:

- **STRENGTH:** to bolster explosive strength and tone your entire body.
- **CORE:** working on stability, reactions and strength
- **RENEW:** deep tissue muscle massage that builds tone and boosts flexibility and recovery
- **PERFORM:** explosive sports- based activities
- **CONDITION:** support, condition and strengthen body's natural movements

LAX Aldgate, St. Botolph Building, 141 Houndsditch, London EC3A 7DH
Nearest tube is Aldgate, Aldgate East, Old Street
Phone:020 7337 3400

For more tips and help visit www.lafitness.co.uk
For further information contact: [Kerry Milliken kerry@eyepi.co.uk](mailto:Kerry.Milliken@eyepi.co.uk)

LA fitness operates 43 clubs in the UK, including 12 within Central London and 3 LAX premium health clubs. Each offering the latest fitness techniques and thinking. LA fitness centres its approach around a passion to inform and educate its members on the finer points of exercise & nutrition. With over 30 free classes a week, swimming pools in every club and unique Small Group Training programmes, members can ensure they make every session count.

LAX

LA fitness