

Ladies Only Gym (0.01 GBP)



Location **London, London**
<https://www.freeadsz.co.uk/x-547628-z>



Shapers Smart Fitness for Women is a Ladies only gym with several locations covering South London and Kent regions, we offer everything from 30 minute full body workouts for women who are on the go to intensive personal training sessions for those who have specific fitness and weigh loss goals in mind.

Our health club is designed to encourage women who wouldn't entertain the idea of attending a conventional gym. We provide a supportive and friendly environment for all your body shaping and health needs.

We find that we appeal to women of ALL AGES, SHAPES AND SIZES who want to improve their figure but wouldn't be comfortable exercising in front of men. Our ladies like high levels of customer service and fast results!

Many of our members don't have time for a 'normal' gym so our personal programmes are designed as just 30 MINUTE SESSIONS, to be convenient and enjoyable. The best thing about Shapers is that the RESULTS ARE AMAZING. Womens lives have been transformed by becoming members and benefiting from the concept.

What We Offer

- Weight Loss Circuit- Smooth and driven by air, no clunky rusting weights.
- Studio Classes - Fun and social group classes, including Zumba and Yoga.
- Vibro Plates - For fast, effective toning and firming.
- Dedicated Cardio Area - For your health goals, including treadmills and cross trainers
- Dedicated Instructors and Tangible Results

Our team will take regular measurements as your figure changes so that you can not only see but track

your progress easily WHICH FOUR FANTASTIC RESULTS FOR YOU!
 They are for you who want at all your goals, achieving the personal goals they are looking for, weight, toning up, increasing your energy levels and joint mobility or reducing your health concerns. Or maybe your goal is just maintaining your current body shape in a relaxing and social environment.

Shapers Orpington is waiting to meet you and get started on your fitness journey today. You can call us on 01689 833 818 01689 833 818 (click to reveal full phone number) or find us at 95 High Street Orpington, next to Pizza Express and opposite the White Hart Pub and have a completely free guest visit where we discuss your goals and how we can help you achieve.

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