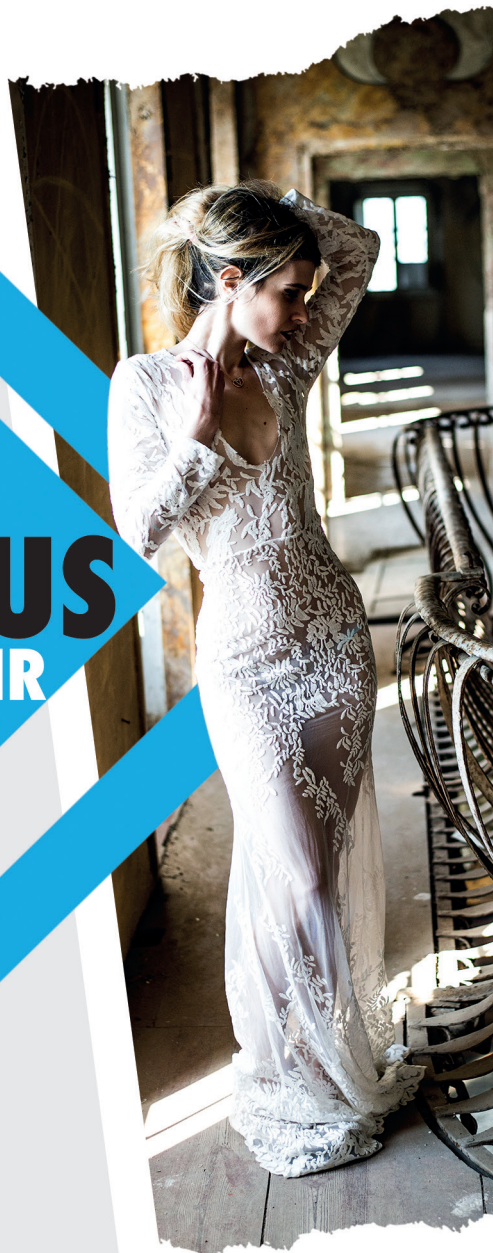




# LIFE TRANSFORMATION SPECIALISTS

THE NUMBER 1 PERSONAL TRAINING STUDIO IN CENTRAL LONDON

WE HELP  
BRIDES  
FEEL  
**FABULOUS**  
FOR THEIR  
WEDDING  
DAY



0800 072 4012 info@pbwellbeing.co.uk pbwellbeing.co.uk

**P:B**  
WELLBEING



48 Russell Square, Bloomsbury, London WC1B 4JP



"In the gym Zac my Personal Trainer at **PB Wellbeing** pushed me to my limit and I always came away feeling like I'd given it my all. I guarantee you won't be disappointed!"  
**Kirstie Bird, Art Editor - House Beautiful**

## Wedding Training Packages

Whether your the bride or groom the wedding package is designed for you to look your best on the big day. Prior to your first training session you will undergo a health assessment on our Boditrax machine.

## What makes us different?



### WE KEEP IT PERSONAL

We are a private, boutique personal training studio offering bespoke individual and small group training solutions on a "pay as you go" basis.

Our elite level trainers have been handpicked to guide and support you in pursuit of your goals; after all, it's all about you.



### ITS A TEAM GAME

Our team is comprised of Personal Trainers, Sports Nutritionists, Osteopaths, Physiotherapists and Healthcare professionals all available to provide the knowledge and expert support and guidance that you need to succeed.



### TECHNOLOGY IS OUR FRIEND

We work with you to set and monitor your personal training goals using a precision body composition monitoring system to measure muscle mass, fat percentages, metabolic efficiency and metabolic age; this ensures that your goals, programme and outcomes are personal to you.



### WE VALUE YOUR TIME

We recognise that in our fast paced world, time is one of our most valuable commodities so our goal is your goal: to get the best possible results in the shortest possible time in a safe and supportive environment.



# ENQUIRE TODAY

## What are you waiting for?

Put your running shoes on and make this week your best week yet.

# P:B WELLBEING

