

# THE FITNESS SHACK

*Where fitness comes naturally*



Improve your fitness and wellbeing by starting to visit Garon Park regularly with the guidance and support of our Wellbeing and fitness coach who is able to offer:

**1-2-1 Training, Small Group Training, Full Team Training and Nutrition Support**

**Contact Trevor on [fitnessshackgarons@gmail.com](mailto:fitnessshackgarons@gmail.com) for more information or to book a review**

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## PHONE

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## WEB

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**Wellbeing at Garon Park, Cricket Pavilion, Garon Park, Eastern Avenue, Southend on Sea, Essex SS2 4FA**