



# THE JOHN FISHER SCHOOL

Headteacher: Mr P E McCullagh BSc (Hons), PGCE, MA, NPQH

Peaks Hill  
Purley  
Surrey  
CR8 3YP

13<sup>th</sup> June 2017

Dear Parents/Carers,

We at Impetus Fitness have invested in The John Fisher School gym, upgrading it so that we can offer fitness packages to you the parents/carers as well as youth strength and conditioning sessions for your sons.

From next week we are offering FREE trial sessions to give you a taster of our fitness sessions.

Whether you are looking to get in shape for that summer holiday, improve your wellbeing and fitness or you OR your son are trying to stay INJURY FREE and get in shape for the following season of sport these sessions are for all abilities so please join us and see if it's for you!

The trial sessions will be at the following days and times:-

Monday, Tuesday and Thursday 7.00pm-8.00pm starting Monday, 19<sup>th</sup> June for the next two weeks and beyond for those who wish to sign up to a block of sessions.

The student sessions will run Monday and Thursday mornings 07.30am-08.30am.

Please contact us directly to reserve a spot on [nick@impetusfitness.co.uk](mailto:nick@impetusfitness.co.uk)

For more information about Impetus Fitness please visit [www.impetusfitness.co.uk](http://www.impetusfitness.co.uk)

For fitness tips please visit our Facebook page <https://m.facebook.com/impetusfitnessuk/?ref=bookmarks>

And Instagram: Impetusfitness1

I look forward to meeting you soon.

Yours sincerely,

Nick Rees  
Director  
Impetus Fitness