

# Dutchys Fitness



DUTCHYS  
FITNESS

**Dutchy's Fitness** is Personal Training in Ireland based specifically in the Monaghan area, with Bootcamps, Personal Training and 1-2-1 Pilates training all available. Dutchy's Fitness provides Bootcamps for females 4 evenings per week in the Monaghan area at a number of locations, which offer effective workout in minimal time.

## **Few facts on personal training session's at Dutchy's Fitness in Darragh's home gym based on the Roslea Road, Clones.**

- Facilities cater for everything from Strength and Conditioning, Fat Loss, Muscle Building and Aerobic endurance
- Sessions can last anywhere from 30 to 60 minutes depending on fitness levels and demands
- Up to 4 people can train together at once so bring friends along and split the costs
- Nutrition information to make sure your eating right outside of the training as this is a major factor

## **The benefits of Dutchy's Fitness are**

- Having a programme designed specifically for you
- Not being distracted in a gym
- Learn correct technique and form
- Achieving your goals
- Each session will increase your knowledge of health and fitness
- Personal feedback provided, so helps people get better results

**Contact Darragh Holland on 086-1547516 or 047-51490**

**For more information visit <http://dutchysfitness.com>**



### **Link 2B Active Offer**

Pay for 8 classes upfront for €35 instead of the €40  
You pay on a class to class basis

€50 off all group training offers, for example 2 people normally €15 each(€30 an hour)€300 for ten sessions, now €250

Other options on personal training offers also available on request. Proof of status needed to avail of this offer