



**TEAM  
TE-MA  
FITNESS**



# First session free!

Congratulations this gift voucher entitles the holder to a free session at any TEAM TE-MA FITNESS class when you book and pay for your first month.

Simply redeem this voucher at the class of your choice. Full details of classes can be found at [www.backswording.co.uk](http://www.backswording.co.uk)

You must be over 14 years old and under 60 years old.

1 free session per individual. This voucher can not be used in conjunction with any other TEAM TE-MA promotion.

Please present this voucher at the session of your choice