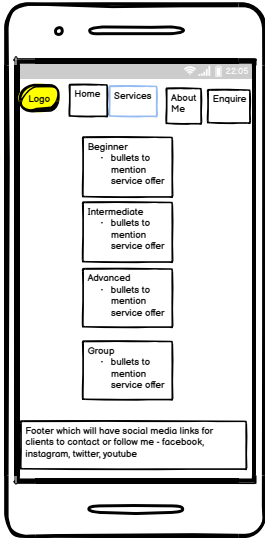
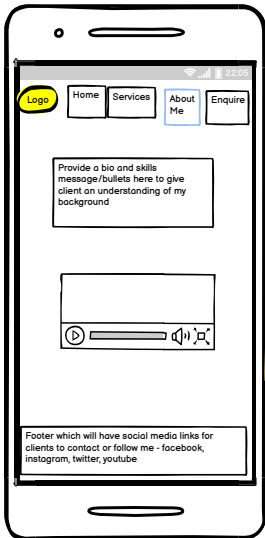


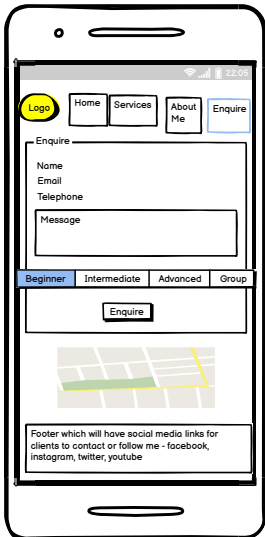
The 4 boxes will either be displayed in a row or in a 2x2 box - on each webpage



Include a message at the top and bottom of these boxes to confirm the service offered and link to the Enquire section.



A video of keep fit/personal training. This will be just a demo video taken from somewhere



Maybe some use of a check box/radio button. This will be formatted perhaps in a vertical list instead

location map and message to say distance travel distance

