Whatever your Health & Fitness Goals

WE TICK ALL THE BOXES

- More than just a gym!
- Personal Training
- Classes
- Sunbed
- Health & Sports Supplements
- Diet and Nutrition Advice
- Physiotherapy
- Sports Massage
- Extensive range of machines and free weights
- Comprehensive range of cardio equipment
- All in a friendly, supervised, non-intimidating environment

Train Station Gym, helping people achieve their Health & Fitness Goals for over 10 years.

Trainstation Gym
Station Approach
01373 451360
www.trainstation-gym.co.uk

TRAIN STATION

START A NEW COURSE, LEARN A NEW SKILL, KEEP FIT & LOSE WEIGHT

A Frome Times special pullout

LYNDSEY UPHILL FITNESS 07866 949020
• Aerobics • Step • Conditioning • One to one • Pilates
www.lyndseyuphillfitness.com

New Year...New Classes...New You

TIMETABLE

MONDAY
MEGAMIX 9.30-10.30am
SIX WEEKS PILATES COURSE 10.45-12.15am
TEEN CIRCUITS 4.45-5.30pm

TUESDAY
BOOTCAMP CIRCUITS 9.30-10.30am
SUPER SENIORS 11.00-11.45am
TONE ZONE 6.30-7.30pm
FITNESS PILATES 7.45-8.45pm

WEDNESDAY
BUMS LEGS & TUMS 9.30-10.30am

THURSDAY
PILATES 9.30-10.30am
CLUBBERCISE 6.00-7.00pm
BURN + FIRM 7.15-8.15pm

FRIDAY
WAKE & SHAKE 8.30-9.15am
ENERGISER 9.30-10.30am

WITH OVER 20 YEARS EXPERIENCE, I PRIDE MYSELF ON OFFERING CLASSES SUITABLE FOR EVERYONE. ALL CLASSES ARE TAUGHT IN A SAFE AND WELCOMING STUDIO.

WHERE THE FUN COMES FIRST AND FITNESS FOLLOWS...
UNIT 1, MANOR FURLONG, MARSTON TRADING ESTATE, FROME. BA11 4RJ

epicocity — be stronger than your excuses

MONDAY 6am Powerhoop - 9.15am Cardio Kettles - 6pm Kettles 7pm Full Body Circuit - 8pm @ftlfc
TUESDAY 10am TRX Combo (starts January - limited space) - 6.05pm Tabata HABIT*
WEDNESDAY 6am Cardio Blast Circuits - 9.15am Tabata Kettlebells - 6.05pm Full Body Blast
THURSDAY 9.15am TRX Combo (from Jan '15) 6.05pm HABIT* (**Hips, Abs, Butts & Incredible Thighs*)
FRIDAY 6am Strength Circuit - 9.15am Kettles 6.05pm Random
SATURDAY 7.30am TRX Combo (from Jan '15) 8.30am Kettles

All classes must be booked in advance and cost £6, last 45-55 mins & are suitable for all fitness levels. Monthly class passes from £50/month, t&cs apply.
www.facebook.com/jobealefitness
www.superfunsuperfit.co.uk

EPICOCITY FUNCTIONAL FITNESS STUDIO
Manor Road, Frome BA11 4BN **07780 993247**

Try our two week Free Trial and see what your child can achieve with the Kumon Maths and English Study Programmes.

Contact your local Kumon centre for more details:
Frome Study Centre
01373 451889

Free Trial available throughout February*

kumon.co.uk *Terms and conditions apply. Fees vary. Please refer to your local study centre. KUMON

24-25 Catherine Hill,
Frome, Somerset.
Tel: 01373 464650
www.milliemoonshop.co.uk

millie moon
haberdashery boutique

New Year, New Hobby
BEGINNERS WORKSHOPS
for all ages!
Learn to sew in 2015!

"Come and Join us in 2015"
Becki and Rachel

WUTAN

T'AI CHI

Relax, Rejuvenate, Revive

Beginners courses start
Tuesday 13th Jan
2-3pm Christchurch Hall
Park Rd, Frome, BA11 1EU

Thursday 15th Jan
7-8pm Oakfield Academy
Oakfield Rd, Frome, BA11 4JF

First lesson FREE
To book your place call Siobhan
01225 783206 / 07966 434263
www.wutan-martialarts.co.uk

Accountancy Training

AAT Certificate in Bookkeeping starts 21st or 22nd January 2015

- A great way to start your accountancy career
- The first step towards a full AAT qualification
- Get a job in industry or the accountancy profession
- Courses are held at Writhlington Sports & Leisure Centre, Radstock, BA3 3NQ
- Only 15 minutes drive from Frome with free parking
- 20 weeks Wed 6-9pm or Thurs 10-1pm
- A friendly and successful team

new courses

How do I find out more?
Come and meet the team to plan your new career at our open evening on:
Wednesday 14 January 6pm-8pm
Or please contact us for more information:
01761 438559 option 2
www.wmraccountancytraining.co.uk

Marylee Wollaston
John Mead
Clair Rhymes

Writhlington Sports Centre
Writhlington School
Knobsbury Lane
Radstock, BA3 3NQ

SS&L
Somerset Skills & Learning
www.learnsomerset.co.uk

When was the LAST TIME you did something for the FIRST TIME?

LEARN 2015 CHALLENGE

GET ON BOARD!

Better your employability, develop a skill, improve your fitness, start a hobby or follow your dream!

Change your life or just brighten up your free time with
• Courses • Workshops • Training • Apprenticeships

STARTING IN JANUARY AND FEBRUARY 2015!

APPRENTICESHIPS
Apprenticeships are not just for school leavers. More local businesses see the advantages of taking on an apprentice

ADULT EDUCATION
Improve your employability by enrolling on one of our qualification courses or brush up on your English & maths skills.

LEISURE CLASSES
Develop your hobby at one of our leisure classes or finally get around to doing something you have always fancied trying.

Call 0845 688 0488 to find out more or TO SEE OUR FULL RANGE OF COURSES VISIT www.learnsomerset.co.uk/coursefinder

www.facebook.com/SomersetSkillsLearning
www.twitter.com @SomersetAdults

WuShinDo

T'ai Chi and Qi Gong Academy Club

Free Open Evening Taster Session

Come and meet the instructors and find out more
Beginners and previous students all welcome. Refreshments available.

Tuesday 6th January , 7pm - 9pm
Tytherington, Frome

Then sessions every Tuesday evening, 7pm - 9pm

The human body has an amazing ability to keep itself functioning correctly. But today, more than ever before, our hectic modern lifestyles mean it often needs a helping hand.

This is why we at the WuShinDo Association have developed a unique blend of teaching therapies, exercises and techniques to help people of all ages and fitness levels get the most from their bodies and minds for a healthier, happier, more productive and enjoyable life.

From T'ai Chi to natural first aid, seated exercise to falls prevention, stress relief and much more, the services we provide are based on our experience of over 40 years' teaching and training people in some of the world's oldest and most effective health techniques.

We welcome beginners as well as previous students to our friendly club.

For venue details and booking information please contact Andy Legat (Qualified Teacher & Senior Instructor)
Mob: 07989 530065 • www.wushindo.co.uk

Busy Bees

HAVE MORE ME TIME IN 2015

BUSY BEES CAN HELP YOU WITH SOME OF YOUR HOUSEHOLD CHORES:

DOMESTIC CLEANING
GARDEN MAINTENANCE
CARPET CLEANING

Free up time for that fitness course you always wanted to do - or any other New Year's resolution!

01373 455911
Amy 07971 921651 • Caron 07971 921617
info@busybees2000.co.uk
www.busybees2000.co.uk