



Newsletter- Issue 1  
March 2006

## K A fitness – Gets You all In A Spin

A free new class has arrived at K A fitness, the members gym in the heart of Wantage, SPINNING. With No Contract or Joining Fee, Free Supervised Crèche there's another great reason to join.

Spinning is an intense aerobic exercise that consists of a studio full of people on stationary bikes, inspirational music, disco lights and the motivational words of a trained instructor.

Our Spinning bikes are top of the range, "Keiser" which give the smoothest most comfortable ride.

*The workout* - During the class you vary the pace, sometimes pedalling as fast as you can and other times you crank up the resistance and pedal slowly in a standing position. Music plays in the background, coloured lights spin and flash creating a unique atmosphere as the qualified instructor narrates you through an imaginary bike ride full of hill climbs and downhill sprints.



Spinning burns serious calories, focuses the mind and is for people of all fitness levels as you can adjust the bikes to your own resistance.

It is the hottest way to stay in shape!

Spin classes are held Mondays, 09.30 – 10.30, 19.00 – 19.45, Wednesday 12.30 – 13.15, Thursdays 18.30 – 19.30, Friday 1100 – 1200 .

**The classes are proving a big hit so please call to book a place.**

**For more details about Spinning Classes or great membership offers, please call Michelle on 01235 763333 or visit our website [www.thewantagegym.co.uk](http://www.thewantagegym.co.uk).**



# New To Ka Fitness – Beauty Therapies

## Radiance Beauty Therapy

**Elaine Bland** CIBT BABTAC  
Professional Beauty Therapist

*The Ultimate Beauty Service at KA Fitness, Wantage.*



Dermalogica Prescription Facial	£ 33.00
Dermalogica Specialist Facial	£ 38.00
Express Facial	£ 20.00
Make-up Application	£ 15.00
Make-up Lesson	£ 30.00
Bridal Make-up	£ 55.00
Lash Perm*	£ 25.00
Lash Tint*	£12.00
Brow tint*	£ 7.00
Lash Perm with Tint*	£ 30.00
Brow Shape	£ 7.00

  
  


To book your appointment:  
**07867 807 023**



### Hands and Feet

Nail shape and varnish	£ 10.00
Luxury Manicure	£ 24.00
Spa Manicure	£ 28.00
Luxury Pedicure	£ 28.00
Spa Pedicure	£ 32.00

### Waxing

Half leg	£ 15.00
Full leg	£ 22.00
Bikini line	£ 12.00
Full leg and bikini line	£ 28.00
Underarm	£ 9.00
Lip	£ 8.00
Chin	£ 6.00
Eye-brows	£ 7.00
Forearms	£ 12.00

### Airbrush Tan\*

Full body	£ 20.00
Face, neck and arms only	£ 12.00
Legs only	£ 10.00
Pre-tan body treatment	£ 15.00

*Your therapist will help you to feel completely relaxed and confident. Treatments are tailored to suit the client's individual needs for maximum results.*

*Radiance reserve the right to charge for any cancellation with less than 24hrs notice.*

\* Patch test required 24 hours before treatment.

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