

# YOUR HOME FOR FITNESS & COMMUNITY

**B LEWIS  
BALDWIN**  
FITNESS & COACHING



"I love the community, the instructors are brilliant and so supportive and the programmes are great. Everyone is so friendly and you feel at home from the very first session." – **Kelly Y.**



**100+ GOOGLE REVIEWS**

- ✓ **Free consultation**
- ✓ **Private, distraction-free gym**
- ✓ **Sessions tailored to all abilities**
- ✓ **Routine check-ins**
- ✓ **Regular social events**



We'd like to welcome you to our private gym in Charlton. With over 25 years' combined coaching experience, our team is dedicated to building you strength and confidence, within our friendly community.

We will meet you wherever you are at on your journey, and guide you to achieving your health, fitness, and mindset goals.

**SMALL GROUP PT**

**1-2-1 COACHING**

**ONLINE COACHING**

Book your trial at [www.lewisbaldwinpt.com](http://www.lewisbaldwinpt.com)



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