



énergie

fitness for women

Image Gallery & Testimonials



Emma Land

"I'm half the woman I was! My shape has totally changed since joining the gym. I'm more toned and actually have muscles where there was once fat. With sensible eating and exercise you can lose weight!"



Maureen Hennessey

I've dropped from size 20 to size 14 thanks to the énergie motorised circuit
I confess I was sceptical about joining, but it's fantastic, just what I had been looking for - gentle but effective exercise.

Wendy Baker

"I've lost four stone with the six week results guaranteed programme - émpower was really easy to follow and the staff were very efficient at delivering the programme."

