

Well as our '12 days of Christmas' offers were so well received, we will be running offers and promotions throughout January as follows (please note that the offers are only valid on the days shown, so you'll need to act fast if you want to take advantage of some of them):

Throughout THE WHOLE OF JANUARY anyone who signs up to one of our monthly memberships for our pay as you go classes will be entered in to a prize draw to win a weekend spa break for 2 in Cornwall, which will be drawn on 1st February 2012. All of our existing monthly paying members will also be entered in to the draw as well.

Monday 2nd January - first person to email 'Yes please I'd like a free Zumba class voucher' to alice@pyramidfitness.co.uk will get a FREE voucher to use at any of our Zumba classes between now and the end of January 2012.

Tuesday 3rd January - first person to email 'me me me' to alice@pyramidfitness.co.uk will receive a Pyramid Health and Fitness 2012 diary.

Wednesday 4th - Friday 6th January - last chance to get your Pyramid Health and Fitness Hoodie at the bargain price of £20 (usual cost is £25 and as of Saturday 7th January cost will go up to £27)

Friday 5th January - first 4 people to email 'scoff scoff' to alice@pyramidfitness.co.uk will receive a voucher to get 2 graze boxes for FREE - I've had graze delivered for over a year and they are delicious - i've had to stop for a while as due to being pregnant need to start saving pennies for when I'm off on maternity leave :o(

Saturday 7th and Sunday 8th - your chance to get a 10 class pass at the reduced rate of £46.75 (usual price £52.00) - first 10 people to email 'Yes please, I'd like to get a 10 class pass' will be able to take advantage of the offer.

Monday 9th January - our next FREE mid morning taster week for Bootcamp at Hazlemere Recreation Ground 3 sessions FREE - to book your place email alice@pyramidfitness.co.uk

Monday 9th - Saturday 14th - One lucky person will win a 5 class pass - all you need to do is simply head to a class this week and sign in. Draw will be done on 1st February for a class pass to be used during February and March. If one of our monthly members wins, we will give you some vouchers for a shop of your choice to the same value.

Wednesday 11th January - attend a Zumba class for FREE at 7.30pm at St Pauls Church Hall, Wooburn Green - you don't need to do anything, simply turn up on the night and you'll get the class for FREE. Ideal if you want to give it a try and are nervous about going to a class.

Saturday 14th January - attend a Boxercise class for FREE at 10.05am at Holmer Green Village Hall - you will need to book for this one, so email alice@pyramidfitness.co.uk to reserve your space. Ideal if you want to give it a try before committing to the 6 week block.

Sunday 15th January - first 3 people to email 'ooh, yes please I'd like to try Lovefilm' to alice@pyramidfitness.co.uk will get a card for 2 months FREE at LoveFilm worth up to £30 each

Monday 16th January our next FREE early morning taster week for Bootcamp at Hazlemere Recreation Ground 3 sessions FREE, evening and weekend taster week at Hazlemere Recreation Ground and early mornings at Aylesbury too - to book your place email alice@pyramidfitness.co.uk

Monday 16th - Saturday 21st January - Attend a lclass this week and 3 lucky people will receive a voucher to attend 1 class in February for FREE. Draw will take place on 1st February.

Sunday 22nd January - Tuesday 31st January - attend a class during this time and receive a FREE bag with our latest timetable and some sweet treats, and some bags will also have extra prizes such as half price class vouchers, FREE class vouchers etc. Simply see your instructor to pick up your bag in class.

A very Happy and Healthy New Year to all of our friends, family and class goers – may 2012 be your fittest and healthiest yet.

Alice and the team

Pyramid Health and Fitness

www.pyramidfitness.co.uk