

Chris the Mindset  
**COACH**



# THE MINDSET GYM

Join Chris the Mindset Coach for a unique opportunity to enhance your mental and physical wellness!

This is a mini **6-week course** based on the Mindset Gym philosophy.

Starting Sunday 10th November 10-11.30 am at West Lindsey Leisure Centre

## WHAT DOES THE MINDSET GYM INCLUDE

- ✓ 45-minute Mindful Movement Circuits
- ✓ Incorporating cardio, strength, balance, coordination, and flexibility conditioning
- ✓ 30-minute 'Mindset Cafe' Covering a range of mental wellness topics

## TO FIND OUT MORE AND TO BOOK



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**6-week course £45 pp**