

FITNESS 4 U!

www.fitness4uonline.co.uk

MONDAYS 6.00pm-7.00pm

AEROBICS

TUESDAYS 6.10pm-6.50pm

ON THE BALL

(Core stability & toning using gym ball)

TUESDAYS 7.00pm-8.00pm

DANCERCISE

THURSDAYS 6.00pm-7.00pm

BODY CONDITIONING

(All classes in Barrow on Humber)

PERSONAL TRAINER

Need motivation?

Want advice or inspiration?

One to one coaching is the answer!

For details or to book a course contact

Emma (B.A (Hons) sac dip)

07725194093

Sam Macleod

Consultancy Services for Small Businesses

RANGE OF SERVICES AVAILABLE:

General BookKeeping

Assistance, Advice, Training.

Systems Reviews

Examination of existing systems.

Flowcharting as required.

Identification of Key Controls.

Suggestions for improving systems.

VAT D.I.Y Builders Scheme

Claims completion service.

Self Assessment of Income Tax

Help in setting up appropriate records.

Assistance in completing Tax Returns.

Assistance with Tax correspondence.

Emergency Cover

Cashier/Bookkeeper services for short term cover.

VAT Returns

General assistance with VAT.

Completion of Returns. Checking Assessments.

Correspondence

Help in drafting letters / replies when dealing

with Revenue Departments.

Tel: 01469 530772



GOXHILL PRE-SCHOOL

Ofsted Registered

Qualified Staff

IN THE MEMORIAL HALL

TUESDAY
9.15 - 11.45

THURSDAY
9.15 - 11.45
12.45 - 3.15

WEDNESDAY
9.15 - 11.45
12.45 - 3.15

Children wishing to stay all day require a packed lunch

START FROM 2 YEARS ON WARDS

EXCELLENT LINKS WITH GOXHILL PRIMARY SCHOOL

3year old children visit Goxhill Primary School
on a Tuesday morning

Come and see what we have to offer

If you are intrested Please call in or contact
Julie-Ann Whall on 01469 532265
Val Gorbutt on 01469 531012

AJC BLINDS

- CHAIN FLY SCREENS
- VERTICAL-VENETIAN
- ROLLER-ROMAN
- NOW ALSO MOTORIZED VERTICALS

MADE TO MEASURE

CALL ANDY

01469 531962

MOBILE

07940 646586