



FITNESS BOOTCAMPS

GET MOVING - GET FIT - HAVE FUN

WHAT

The sessions are aimed at helping you to get moving, get fit and feel great! We will work on cardio, strength and core exercises whilst having fun and meeting new people.

All levels of fitness are welcome.

WHERE & WHEN

Tuesday 9.30-10.30am at Bunbury Playing Field

Thursday 9-10am at Tattenhall Park

Friday 9-10am at Tattenhall Park

COST

£5 per hour sessions, pay as you go.

For further information contact Claire
on 07809 613003 or email
claire@thefitnesscompany.org

www.thefitnesscompany.org



THE FITNESS COMPANY