

BOOTCAMP

Fitness in the park

Circuit style workout with team games
and exercises for the whole body

Every Sunday morning 8-9am, rain, wind or shine!
Blythe Hill fields, Lewisham borough
£5 per session

All levels welcome, male and female, walkers and runners!
Please bring water and weatherproof clothing!

Contact Vicky 0771 2051208 www.fitnessformummies.co.uk

Get fit, lose weight, shape up!

