

# 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](http://www.fitnessformummies.co.uk)

*Get fit, lose weight, shape up!*

