



FITNESS CLASSES & PERSONAL TRAINING



**BE HEALTHY
TOGETHER WE CAN.**

Mobile Personal Training for Central Bedfordshire



If you find going to a gym a struggle, then maybe the element of openness and fresh air that outdoor sessions bring is just what you need? I have tried all of them. My fitness levels are the best I've had in my adult life. I have attended Boot Camps, Boxercise and the Loaded Marching sessions. I have made some good friends in my time at Full Bottle Fitness and even in the depths of winter we still turn out to get muddy and support one another.

Read Jon's story at <http://www.fullbottlefitness.co.uk/testimonials.php>
Jon Noon Flitton Fitness Classes

Ring 07952 648682 today for your free fitness consultation

Ring Today: 07952 648682
E Mail: info@fullbottlefitness.co.uk
www.fullbottlefitness.co.uk



BOXERCISE®

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**FITNESS
BOOT
CAMP**

**GET FIT
STAY FIT
HAVE FUN**