



# **FITNESS CLASSES & PERSONAL TRAINING**



**BE HEALTHY  
TOGETHER WE CAN.**

## **Mobile Personal Training for Central Bedfordshire**



Lyndsey, Tina and a few of the team at the  
2017 Standalone 10K

I can honestly say joining Full Bottle Fitness has had a massive impact on my life! Joining Full Bottle Fitness isn't just another fad exercise programme or some crazy crash diet, my lifestyle and daily choices have changed and for the better.

Read Lyndsey's story at; <http://www.fullbottlefitness.co.uk/testimonials.php>

**Lyndsey from Wilstead Personal Training & Fitness Classes**

**Ring 07952 648682 today for your free fitness consultation**

**Ring Today: 07952 648682**

**E Mail: [info@fullbottlefitness.co.uk](mailto:info@fullbottlefitness.co.uk)**

**[www.fullbottlefitness.co.uk](http://www.fullbottlefitness.co.uk)**



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CAMP**

**GET FIT  
STAY FIT  
HAVE FUN**