



GET READY FOR SUMMER!

**FULL
BOTTLE
FITNESS**

Work hard this winter and earn your healthy body and mind for next summer...

DAILY FITNESS CLASSES
(INDOOR AND OUTSIDE)

BOXERCISE® metafit.™

Full Bottle Fitness specialise in Bodyblast Fitness Boot Camps, Boxercise, Loaded March and Metafit. Sessions are based on High Intensity Interval Training techniques. Weekly classes in Arlesey, Haynes, Langford, Shefford and Shillington. Check for classes and times online.



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PERSONAL TRAINING TAILORED TO YOU

Full Bottle Fitness personal training focuses on lifestyle change, injury recovery and improved sports performance through cross training.

www.fullbottlefitness.co.uk

Call Tina today 07952 648682
CHANGE YOUR LIFE. TOGETHER WE CAN

**GET FIT
STAY FIT
HAVE FUN**