



# BE FULL BOTTLE HAPPY

**metafit™** - is the original 30 minute, non-choreographed, bodyweight only HIIT workout. Created by a former Royal Marine Commando, Metafit combines the latest HIIT training techniques with traditional 'Old school' bodyweight exercises to set the metabolism on fire! All intervals and commands are supported by the Full Bottle Fitness instructor who will ensure you are using the right techniques.

Metafit can be used for group classes or Personal Training.

See website for dates and times

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

Call Tina: 07952 648682



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**GET FIT  
STAY FIT  
HAVE FUN**