



FITNESS CLASSES & PERSONAL TRAINING



**BE HEALTHY
TOGETHER WE CAN.**

Mobile Personal Training for Central Bedfordshire



Rachael & Clinton after Only The Brave supporting East Anglian Air Ambulance

Full Bottle fitness does what it says on the tin. The fitness classes motivate you; they get you off the sofa and out of the house. Even in the depths of winter when all you want to do is hibernate, the draw of getting together with the Full Bottle Fitness team on the muddy field to be put through your paces is something you look forward to. Tina is really switched on to what you want to improve, understands how to challenge you without making it seem impossible and has been supportive on my bad days, adapting exercises so I can still make the most of the time.

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

Rachael & Clinton, Shefford Personal Training & 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



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CAMP**

**GET FIT
STAY FIT
HAVE FUN**