



# **Group Fitness Bootcamp**

at Hills Road Sports and Tennis centre

**Fun, friendly fitness sessions for all abilities  
– feel great, lose weight, tone up**

**Indoor Early Morning Bootcamp:**

Mon/Wed/Fri • 6.45am – 7.30am

**Morning Bootcamp:**

Mon/Wed/Fri • 9.15am – 10.00am

**Evening Outdoor Bootcamp:**

Mon/Wed • 7.30pm – 8.15pm

Sessions from £6.50 • Wash facilities



**with Paul Risdon  
Personal Trainer**

See [www.can-b-fit.co.uk](http://www.can-b-fit.co.uk) for more

or call Paul on 07568 592 995 • Email [paul@can-b-fit.co.uk](mailto:paul@can-b-fit.co.uk)