



Discover the joys of
the outdoor gym

It's time to get down and dirty with

FITBIRDS
BOOT CAMP
NO SISSIES ALLOWED!



COMING SOON TO **THE FIELD OF DREAMS** NEAR YOU!

Wednesdays 9:30-10:30am

Starting 23rd November 2011

Welwyn Garden City Rugby Club Field

Registration 9:15am

£15 for 4 sessions (includes first one free)

Suitable for ALL levels of fitness

Well here it is girls, a real exercise class that will get the results you want. Whether you're just starting to get fit or perhaps you're wanting to up the anti this is for you. It's back to basics - all you need is your own body weight, a willingness to give your best, to sweat a little and have a few laughs. And boys... you can join us too.

If you fancy coming along drop me a line or just turn-up
SUZY FITT : 07817 564989 : suzy@fittlife.com

Remember...IF IT AIN'T RAINING IT AIN'T TRAINING!

Fittlife is a local fitness and healthy living business run by Suzy Fitt, a qualified personal trainer, coach, and accomplished athlete. Suzy is also a licensed tutor for England Athletics and a member of the British Army. Working with individuals and groups Suzy offers a broad range of health, fitness and weight management programmes. Suzy's passion and expertise has helped over 200 clients achieve their goals: improving health, increasing fitness, returning to regular exercise, taking part in events such as Race for Life and Marathons or simply dropping a dress size or two. Above all, Suzy is a firm believer that you've got to have fun during the process.