**Title**: P4F BOOTCAMP PRICES STARTING FROM £5

10 – 12 WEEKS BODY CHANGE

Get Fit, Stay Fit & Feel Great

NOW IS THE TIME TO:

* Have the right shape you have been dreaming off
* Lose weight and Tone up

BUILD & INCRESE:

* Strength and Endurance
* Cardio Fitness
* Improve your energy and Vitality

OUR INTENSE TRAINING FOCUSES ON:

* Strength
* Cardio
* Agility
* Flexibility
* Squatting
* Pulling
* Twisting
* Pressing

COME AND CHALLENGE YOUR BODY THROUGH THE RIGHT INTENSITY EXERCISE TRAINING WITH OUR PROFFESSIONAL PERSONAL TRAINERS AND DIET NUTRITIONIST.

Take part in the ‘P4F Fitness’ Challenge

BEGGINNER OR EXPERIENCE, ALL LEVES ARE WELCOME

Location: Slade Green and Howbury Community Centre,

Chrome Road, Erith DA8 2EL

Days: Monday, Tuesday and Friday

Time: Morning (9.30am – 10:30am) & (10.30am – 11:30)

Day and Time: Saturday 9am – 10am

Days: Thursday and Friday

Evening (6:15 – 7:15 & 7-30 – 8:30)

To Register and for more info visit our website, give us a call or email us on: Web: [www.play4funfitness.co.uk](http://www.play4funfitness.co.uk), E-mail: [info@play4funfitness.co.uk](mailto:info@play4funfitness.co.uk) Tele: 02083028290