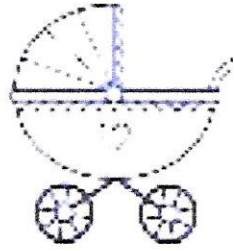


BUGGY BLAST CLUB



Want to blast away that post baby weight?

Can't stand the thought of exercising alone?

Don't want to leave your baby or pay for that babysitter?

Then come along, move your *BUGGY*, bond with your *BABY*, lose baby pounds;
increase strength and tone your tummy in a fun, friendly group session!

First session is FREE!

£4 per session OR £20 for a 6 session block booking (paid upfront)

Contact your local coaches Nikki or Rebecca NOW
for more details to join the club and start your journey towards looking and feeling better TODAY!

07809 204 546 - Nikki

07805 002 776 - Rebecca