



Get fit outside - feel good inside



British Military Fitness has been providing challenging fitness classes in parks across the UK since 1999 and now we are in Cape Town!

Our motivational fitness instructors have helped thousands of people of all ability levels to get fitter than they've ever been, lose weight and feel positive about themselves and the classes are the ideal way to get fit for summer.

Each class is one hour long and involves circuits, team exercises, static and relay exercises all taken in a military style, based on teamwork, motivation and fun - a refreshing change from the boredom of the gym!

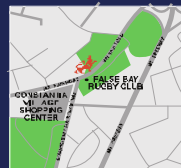


Sea Point Beach Front (Three Anchor Bay side)

Mondays and Wednesdays: 18:00 - 19:00

Saturdays: 10:30 - 11:30

Parking/meeting area: Putt-Putt parking lot
(next to the slipway)



Alphen Common, Constantia

Tuesdays and Thursdays: 18:00 - 19:00

Saturdays: 08:30 - 09:30

Parking/meeting area: Gravel parking lot
(opposite False Bay Rugby Club)

For more information please contact us on 0712 928615
or email britmilfit@gmail.com or visit our web site.

www.britmilfit.co.za

