



SMART FITT

Making Fitness Fun!



Bring a Buddy

DURING FEBRUARY

AND GET **2 FOR THE PRICE OF 1**

Exercise is always better with a friend - for moral support; for friendly competition or just to help you walk through the door at the first class. During February Bring a Buddy to class (with your voucher) and get **2 for the price of 1**

- Fun, mixed gender classes for all abilities
- Mature, qualified and experienced instructor
- Daytime and evening classes
- £5 per session OR pay upfront for 5 sessions only £20



Not Just Aerobics

Regular "feel good" classes with choreographed aerobic exercises to great music

At The Centre @ Elsea Park, Bourne
Mon: 9.30am



Total Body Blast

The quickest way to get fit, burn calories and shape up!

At Morton Village Hall, Morton
Tues: 9.15am to 10.15am



Prime Time Club

An exercise class aimed at those individuals who find regular exercise difficult through mobility problems associated with older age groups

At Essendine Village Hall, Stamford Tues: 1.30pm
At The Centre @ Elsea Park, Prime Time Active - Mon: 10.45am



Bootcamp

Eclectic, fun & challenging mix of cardio/core/strength training combining many different training methods exercising the body & brain. Partner/team & individual exercises - bring a friend, bring a group of friends or just bring yourself!

Lawrence Park Community Hall, Thurlby, Tues: 7pm to 7.45pm

Call 07535 788756 Email amanda@smart-fitt.fitness

www.smart-fitt.fitness SmartFittFitness

BRING A BUDDY
In February

Week 1
04/02/19 - 08/02/19

Valid for - Not Just Aerobics, Total Body Blast and Bootcamp. Voucher entitles 2 workouts for the price of 1

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Week 2
11/02/19 - 15/02/19

Valid for - Not Just Aerobics, Total Body Blast and Bootcamp. Voucher entitles 2 workouts for the price of 1

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Week 3
18/02/19 - 22/02/19

Valid for - Not Just Aerobics, Total Body Blast and Bootcamp. Voucher entitles 2 workouts for the price of 1

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Week 4
25/02/19 - 01/03/19

Valid for - Not Just Aerobics, Total Body Blast and Bootcamp. Voucher entitles 2 workouts for the price of 1