



BMF AT POOLE PARK!

We will shortly begin British Military Fitness classes in Poole Park, **Classes begin on Tuesday 13th January at 7pm and continue every Thursday evening at 7pm, and on Saturday mornings at 11am.** We will meet in the car park by the Mezzaluna Cafe opposite the bowling greens by the large boating lake

The first class is FREE, see www.britmilfit.com for more information. Why not bring a friend?

British Military Fitness (BMF) is a great way of keeping fit and healthy whilst enjoying the outdoor environment. As a company we have been operating in the UK since 1999 and now have over 60 venues. During this time we have helped thousands of people to lose weight and get fitter whilst exercising as nature intended, in the great outdoors.

BMF Classes

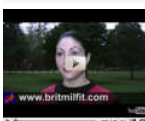
Are graded by ability group and are for *members of the public of ALL* abilities, from those people who are just starting to exercise to maybe lose weight, to the already very fit. Classes run all year round, last an hour and consist of various different exercises to keep you interested. They're a great way to meet new people and you will be welcomed at any of our venues.

BMF Instructors

BMF is about the quality of our instructors. They have all served in the armed forces and have either a physical training qualification from their time in service, or have a professional qualification that is Fitness Industry recognised. They are great motivators of people, and will always encourage, support and challenge you to get the most out of all the exercises.

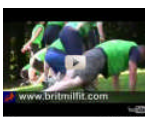
BMF Members

Our members are highly valued and come to us for various reasons and with various goals. We can help you achieve these goals while having fun. We provide fitness as an organisation but our classes, and the BMF experience, represent a lifestyle change for many people. Please visit www.britmilfit.com for more information on attending your FREE trial class.



"I signed up for BMF last January in order to get fit before my wedding in June, but I didn't realise how much I would love it. I have been a raving fan ever since. It is the best all over work out, but it is also so much fun. It is really different from the gym or regular fitness classes as it combines working as a team, being outdoors and uses different exercises to make every class different. It's the first time I have ever been really excited and committed to exercise over a long period of time."

Kati Noakes



"BMF provides a good way to get fit whilst providing a social network as well. It makes no difference what fitness level you are, as you are always made to feel welcome and encouraged to succeed by the members and instructors alike. Being outside, come what may, with the weather makes it all the more different each session."

Doug Churchyard