

## BMF AT VERULAMIUM PARK, ST ALBANS!



We will shortly start BMF classes in Verulamium Park in St Albans (See map). Please have a look at our website homepage [www.britmilfit.com](http://www.britmilfit.com) for more information on attending a **FREE** trial class.

Classes run every Tuesday and Thursday evening at 7pm and Saturday mornings at 10am. We meet in the car park next to the athletics track. All you need to do is print off a health questionnaire or register an interest on the homepage of our website, and come along to a trial class.

### **The first class is FREE, so why not bring a friend!**

We provide challenging fitness classes for **ALL** ability levels in the great outdoors. Our fitness instructors have helped thousands of people to get fitter than they ever have been, lose weight and feel positive. The classes provide a refreshing change from the boredom of the gym. They last for one hour and are designed for all levels of ability - from the extremely fit, to people who have not exercised for years and are put off by the thought of working out on their own. Classes involve circuits, team and paired exercises, static and relay exercises all taken in a military style.

**Classes are: motivational, highly social, challenging and above all else the emphasis is on fun!**

**Classes do not involve: screaming and shouting, humiliating or degrading people in any way shape or form**

### **Instructors**

All of our instructors come from an Armed Forces background and have a recognised fitness qualification. We have a class ratio of, on average, one instructor to 15 members. This enables the instructors to pay each member more attention to ensure the exercises and activities are carried out safely and correctly to help the members get fitter quicker.

If you would like more information please contact us on 0870 2412517 or email [barney@britmilfit.com](mailto:barney@britmilfit.com) or visit our web site [www.britmilfit.com](http://www.britmilfit.com)

