

# Magic pills won't get you fit...



## BMF Classes in Cannon Hill Park, Birmingham

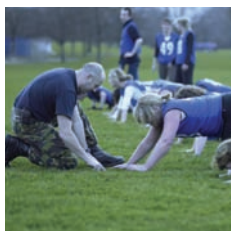
**Mondays and Wednesdays at 7pm and Saturday mornings at 10am**

British Military Fitness offer an effective and enjoyable way for everyone to get fit in the great outdoors. Set up in 1999, we are the original 'military style' training provider and run classes in over 50 parks in 25 cities across the UK.

All our instructors have recognised fitness & adventure training qualifications and will help motivate and encourage you to fitness, **whatever your current fitness level or ability.**

## Why not join us for a **FREE** trial class?

See [www.britmilfit.com](http://www.britmilfit.com) or call 020 7751 9742 for details.



*Get fit outside...feel good inside...*

[www.britmilfit.com](http://www.britmilfit.com)

