



**DO YOU FANCY
A DIRTY NIGHT
OUT?**



YOU'LL GET DIRTY AND SWEATY. YOU'LL MAKE NEW FRIENDS AND HAVE FUN. YOU'LL ACHE IN MUSCLES YOU DIDN'T KNOW YOU HAD.

- Venues across Greater Manchester – Bolton, Oldham, Sale, Cheadle, Platt Fields and Heaton Park
- Classes held during the day, evenings and weekends – you simply choose the most convenient time and location each week
- Experienced, friendly and highly motivated instructors
- Classes for every level of fitness
- Getting thousands of people fit since 1999

To book your free introductory class or for further information please call our Manchester office on 0161 219 1374 or e-mail emily@britmilfit.com. For more information visit www.britmilfit.com

**Do you want to join a gym,
or do you want to get fit?**

