

REALFIT
RISELEY



OUR COMMUNITY

PARENT & CHILD BOOTCAMP

MONDAY 5.00PM

A fun and energetic 40 minute session designed for parents to come along with their children (ages from 5 upwards) comprising of games, body weight exercises and fitness challenges.

Prices : **£10** per parent and child (**£4** per extra child)

Call now to book you place as limited availability.

**CALL NOW TO BOOK YOUR PLACE AS
LIMITED AVAILABILITY 07864 364037**

The Garage, High Street, Riseley, Beds, MK44 1DR

Call Us Today! 07864 364037 | www.realfitcentre.co.uk

