

# ***Bella's Buggy Boot Camp***

Just had a baby? Then, *Bella's Buggy Boot Camp* may be just the thing to get you back in shape.

Held either in the fresh air of Potyn's Field in Snodland or the spacious hall of the community centre adjoining the field, this fitness group meets once a week on **Wednesday at 10am**.

The club provides group training for parents with their babies and buggies. It is a fun but tough circuit for all abilities run by Bella Clayton, a mum herself. Bella is fully qualified and is an experienced personal and group trainer.

Your first visit is free so come along for a trial session. Dads as well as mums are welcome!

For more information visit: [www.bellaclayton.co.uk](http://www.bellaclayton.co.uk) or call on **07837 823335**.

