

Fit Body Blitz

Look like a Beauty. Train like a Beast

Fit Body Blitz is passionate about working out and training.

Not only that we want to make your workouts and classes fun and challenging so you can reap the rewards and reach targets.

And it does not end there we also provide extra support.

Whether it's advice on home workouts or food and nutrition, we are ALWAYS there for YOU!

Interested? then, why not come along to one of our sessions which combine *Battle Ropes, Boxercise and Hiit training*

When? every Thursday from 6.45 pm

Where? the main hall of Snodland Community Centre

Want to know more? contact Lisa on **079560900060** or email: enquiry@fitbodyblitz.com

