

Give Tiredness The Boot



Location **Wales, Mid Glamorgan**
<https://www.freeadsz.co.uk/x-553272-z>



Thinking about getting fit? Looking for a Bootcamp or fitness class in your area?
 Outdoor Fitness classes have never been so much fun.
 Is this class suitable for me? Classes are suitable for all levels of fitness.

Are there any age restrictions? Yes
 Classes are suitable for men and women over 18+.

What to expect during sessions?
 Make new friends, Feel great, improve your fitness.
 Learn a new skill
 Stretching
 Flexibility
 High-intensity interval training
 Running
 Aerobic exercise
 Weight loss
 Fat loss
 Fitness classes
 Endurance
 Strength

Body weight exercise, Kettle Bells, Band work

Cardiff and surrounding areas
 Penarth, Barry, The Vale Of Glamorgan, South Wales, United Kingdom
 For more information please visit: www.freeadsz.co/



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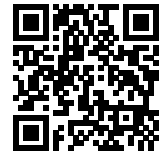
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