

## BOOT CAMP FITNESS IS HERE!

**Outdoor group training sessions!**  
We offer excellent levels of tuition if you are trying to lose weight, tone up, get your body ready for the summer or just for the social aspects of group training.



**Fitness sessions with a difference!**  
No joining fees.  
Classes graded by ability group.  
Classes available for ALL abilities.



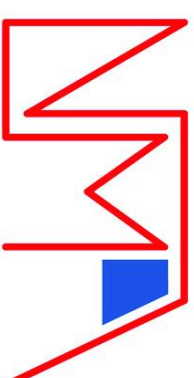
All trainers come direct from the fitness industry and have extensive knowledge and qualifications to work out the best fitness route for you!



Sessions available in 5 week blocks.  
Introductory price £40 (first session FREE).  
Places are limited. To book your place, download the online registration form via the NMA Training website ([www.nma-training.co.uk](http://www.nma-training.co.uk)) and send a £10 deposit to NMA Training, 155 Downderry Road, Bromley, Kent BR1 5QE.  
Meeting point at the swings at 0915, each Sunday.

## SESSIONS AT SHORTLANDS PARK, QUEENS MEAD ROAD, BR2

For further information please call Gary on 07958 719093 or email: [info@nma-training.co.uk](mailto:info@nma-training.co.uk)  
Or RED OX (Tracey Barnaby) on 07944 602737



## BELLY DANCE WORKSHOP

**Sexy, Playful, Flirtish - all these things describe this ancient and stylish dance form.**

Once performed to the Pharaohs of Egypt this popular dance form is becoming increasingly more common.

Now you can get a chance to learn this style for yourself, whilst getting fit at the same time!

- If you would like to attend this 2 hour work-shop please call Tracey or Gary (numbers below) and ask for details.
- Fee's for this session are £15.00 per person
- No experience necessary

Places are limited so please call to confirm your attendance

## Saturday 20th June 2009

### from 1200 hrs to 1400 hrs

### Venue: Performance Hall, Pavillion Leisure Centre, Kentish Way, Bromley BR1.



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