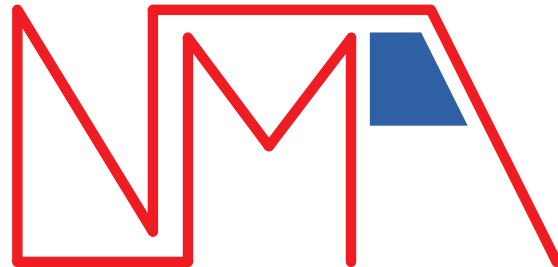


NMA News



Training and Coaching Providers

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 gym fees.
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) and send a £10 deposit to NMA Training, 155 Downterry 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
Or RED OX (Tracey Barnaby) on 07944 602737