



COTSWOLD FIT FOR YOU

WANT TO FEEL BETTER,
HAVE MORE ENERGY AND
PERHAPS EVEN
LIVE LONGER?

ALREADY EXERCISING
BUT NEED A NEW
CHALLENGE?

COME AND TRY ONE
OF OUR ACTIVITIES AND
START YOUR JOURNEY TO
A HEALTHIER LIFESTYLE



TRAIL CHALLENGE

Ideal for those who are new to any kind of fitness activity,
enjoy walking and love the outdoors

Every Wednesday | 9.30 am – 12.30 pm | £20 | Westonbirt Arboretum
Suitable for beginners | Booking required

INDOOR BOOT CAMP

If you want to improve your fitness and like a fast paced, varied session
Every Sunday | 10.30 am – 12.30 pm | £15 | Westonbirt Sports Centre
Suitable for all levels | No booking required

ONE DAY FITNESS CAMP

If you want to shape up quickly for a special occasion
or kick start a weight loss programme
Every month – next camp is Saturday 9th January | £75 | Westonbirt
Suitable for all levels | Booking required

To book a place or find out further details contact us
www.cotswoldfitforyou.co.uk | info@cotswoldfitforyou.co.uk
07920 424095 or 07984 836136