

STUBBYLEE PARK

# BUGGY BOOTCAMP

MONDAY'S, WEDNESDAY'S & FRIDAY'S  
11AM - 12PM

EXERCISE, MEET OTHER MAMAS,  
GET A BIG DOSE OF FEEL-GOOD  
ENDORPHINS & VITAMIN D!

FREE TASTER SESSION WITH CODE:  
BUGGYBOOTCAMPTASTER  
£6 PER SESSION  
£36 4-WEEK UNLIMITED PASS

**Brooks**  
fitness

## INFORMATION & BOOKING...

For class & pass bookings download the  
GymCatch App and search for Brooks Fitness

Email: [hello@brooks-fitness.co.uk](mailto:hello@brooks-fitness.co.uk)

Visit: [brooks-fitness.co.uk](http://brooks-fitness.co.uk)

BrooksFitnessPT

[brooks\\_fitness\\_pt](https://www.instagram.com/brooks_fitness_pt)

Sessions are delivered by Kate Brooks, Level 3 PT and specialist in pre & post natal exercise. Having trained many women through pregnancy and beyond, you're in safe and knowledgeable hands. For more information, class clips, pics & reviews check out Brooks Fitness social media and get in touch.