



# New B-FIT Bodyblitz

**starts Thurs 6<sup>th</sup> October !!!**

A total body workout, suitable for all abilities. It's a fun, energetic class with easy to follow moves designed to increase your fitness, burn fat and tone your body from head to toe.

**Thursday Evenings 7:30pm**

**1 hour session £4**

at North Baddesley Scout HQ in Mountbatten Park

Take Queens Ride turning off Ringwood Drive, opposite Hollywood Close and follow under height barrier. Nearest postcode for your GPS is SO52 9JZ

**Come along and try it, your 1<sup>st</sup> session is free**

If you have any questions please contact Jo

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or browse [www.nbscouts.org.uk](http://www.nbscouts.org.uk)