



Chusfitness PT ...
Challenging U to Success in Fitness



...PARK FIT CIRCUITS...

Outdoor park circuit

The perfect way to beat the credit crunch & achieve your fitness goals

Every Saturday

Time: 08:30

Morden Park SM4 5HE
Saturdays
from 1st May 2010

Cost
£7 per session in advance or
pay £10.00 (pay as you go)

This group class is planned to run until 25th September 2010 with a progression every 2 weeks. Whatever your level of fitness! The Main elements will be Run/Jog, Bodyweight /Outdoor gym Exercises, Resistance Tubing & Boxing Pads. So come along & bring a friend!

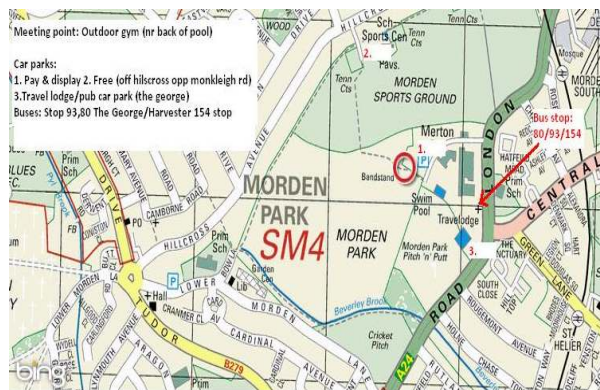
Incorporates Cardio, Core & Strength.

- Run or jog is one of the best ways to shift weight by burning mega calories.
- Core strength is vital for the whole body balance & foundation.
- Strength improves lean muscle tone which promotes a higher metabolic

£5.00 per head on your 1st session

[Sign Up Now](#)

Meet at Outdoor gym
(behind pools/Merton register office)



Any Questions/Comments?

Email Chris at chusfit@talk21.com or call 07941 120653/ 8644 7498

www.chusfitness.co.uk