## CAN YOU BEAT THE BLEEP ??

## BLEEP FIT.

BLEEP FIT, the NEW, high energy, fast paced total body workout. Combining controlled interval training with combination exercises. It's FUN, EFFECTIVE & the perfect way to shape up & improve your fitness fast...can you beat the Bleep?

> Contact Jennie for more details E: jennie@ecofitness.co.uk T: 07801496235

## <u>www.ecofitness.co.uk</u>