



BUSY MUMS

Get Fit Guernsey offer mid morning session's running 5 days a week so to cater for busy mums looking to Get Fit in our relaxed, fun and very effective fitness camps.

Whether you are looking to re-gain past fitness or begin something new Get Fit Guernsey will be for you. We ensure that for each exercise performed we have different levels of difficulty which means no one is ever over or under worked and most importantly to avoid any injuries.

Sessions are all currently held at Footes Lane running track at the following times and days:

Mondays, Wednesday and Fridays 930am - 1030am

Tuesdays and Thursdays 1030am-1115am

(We also run early morning, evening and Saturday morning sessions)

Please email us at info@getfitguernsey.com to book in or for more details.

Maddy and Andy