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Hull

**FIT FANS**

**Time to change your tactics?  
Become a Fit Fan today!**



**FREE**

## TIME TO CHANGE YOUR TACTICS!

If you're male and over 40 with a formation that needs a bit of work then Fit Fans is for you. Joining will help you get fitter and lose weight while training at your team's ground!

**COME ON, give Fit Fans a shout.**

**Call 01482 22 45 45**

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*"The course was a real eye-opener!  
It was interesting, educational,  
very practical and a good laugh!"*

**Jeffrey, Hull City season ticket holder.**

- Why not come along with a mate?
- Train like the players in football & rugby style fitness at KC Stadium & Craven Park
- FREE 12-week course for men-only!
- Learn about nutrition and diet as well as physical techniques for getting fit
- In partnership with Hull City, Hull FC and Hull KR

