



Bring your baby with you and get fit. A NEW FUN, CHALLENGING and PROGRESSIVE indoor boot camp for mothers! Get fit with your baby and regain you pre-pregnancy body...



Boot camp with BUBS is a 6-week postnatal fitness course designed specifically to help mums get fit at a time in their life when they need it the most...

This boot camp incorporates a mix of exercise routines using:

- your baby as resistance
- your own body weight
- free weights
- boxing
- interval training and much more.

Bootcamp with Bubs

NEW 6 week boot camp program for mothers

Who is this program for?

- New mums who want to regain their pre pregnancy figures
- Mums who don't have access to a baby sitter
- Mums who are unfit & need to lose weight
- Mums who don't have self discipline – we hold you accountable to your goals

Bootcamp with Bubs starts Monday 26 February 2018. Eighteen, 30-minute sessions on Mon, Wed, Fri from 9:00-9:30am.

Boot camp with Bubs will SAVE YOU more than 60% off the cost of personal training. Cost is \$255. Book and pay before the start and get program for \$169 (save \$86).

BONUS: FREE access to gym during program

Places are limited so book NOW. Phone / text 0437 226 615 for booking, or book via email: bodyblitzer@datafast.net.au