



BOXING BOOT CAMP is a new, fun challenging and progressive program. It is designed to include a wide variety of dynamic boxing drills to keep the workout fresh and fun...



Results in 28 days:

- Reduce body fat
- Increase cardio fitness
- Tone muscles
- Reduce weight by 2-6kg

Boxing Boot camp

4 Weeks of FUN!

Boxing boot camp is for:

- Those who are unfit & need to lose weight
- Those who are fit, but have reached a plateau
- Those who battle to commit to long term programs
- Busy professionals needing to prioritise their health

What makes this program special?

- Short term - only commit to 4 weeks
- Get results fast
- Short and intense sessions
- Progressive – increase intensity

Boxing boot camp (4-week program) starts Tuesday 13 March 2018. There are 12, 30-minute sessions at 7am every Mon, Wed and Fri.

Boxing boot camp will SAVE YOU more than 60% off the cost of personal training. Cost is \$209. Book and pay before the start and get program for \$119 (save \$90).

BONUS: FREE access to gym during program

Please note: This program normally starts on a Monday, but we're closed Monday 12 March due to Labour Day Public Holiday

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