

BASIC BOOTCAMP



"Everyone has to start somewhere. If you're looking to kick start your health and fitness, this 'entry level' program will be ideal for you."

"Get in. Get fit. Get on with life."

This program has a mix of exercises that use own body weight, free weights, interval training and much more. We ensure you are performing exercises correctly in a supportive, encouraging environment.

We offer this program in 2 options: morning or evening.

This program is for those who wish to:

- *Get started in a fitness program.*
- *Improve their muscle tone.*
- *Exercise in a supportive, fun and friendly environment.*



Take a step towards a healthier you with our new, fun and progressive indoor four-week boot camp. Feel the benefits of increased fitness as your energy levels increase and your new appearance draws compliments from friends.

The four-week program start dates:

- **Monday 8 Feb 2021 (Option 1)**
- **Tuesday 9 Feb 2021 (Option 2)**

Option 1 - runs from 5:30-6pm every Mon/Tue/Thu.

Option 2 - runs from 6:30-7am every Tue/Thu/Fri.

Cost: \$225. Book and pay before the start and get the program for \$119.

Bonus: FREE access to gym during opening hours (see Bootcamp Timetable 2021) and access to our Variety Bootcamp on Saturdays from 8:30-9:30am.

Places are limited. Book NOW.
Phone/text Body Blitzer: 0488 988 938
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