

# BUBS BOOTCAMP

*"Bring your baby with you and get fit. A new, fun, challenging and progressive indoor program for mothers. Get fit with your baby and regain you pre-pregnancy body."*



*"It doesn't get easier, you just get better."*

*Our six-week Bubs Bootcamp is designed specifically to help mums get fit at a time in their life when they need it the most. This program improves core strength and incorporates a mix of exercise routines using; your baby as resistance, your own body weight, light free weights, fit balls, interval training and much more.*

*This program is for those who wish to:*

- *Improve core and pelvic floor strength.*
- *Regain their pre pregnancy figure.*
- *Exercise, but don't have access to a baby sitter.*
- *Get fit and lose weight.*



*This six-week program caters specifically for mums who have recently had a baby and are looking to get back into a regular, structured exercise program.*

**The six-week program start dates:**

- **Monday, 20 Sept 2021.**

**The program runs from 9:30-10am every Mon/Wed/Fri.**

*Cost: \$275 Book and pay before the start and get the program for \$179.*

***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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