

CROSS BLITZ

“A new mid-morning fitness boot camp incorporating a variety of proven fitness training methods.”



“Fast. Convenient. Affordable.”

This program is one of the most efficient ways to improve fitness. Sessions are intense, full body workouts. Every session is different: the emphasis is on ‘variety’. You will use medicine balls, resistance bands, skipping ropes, agility ladders, mini hurdles, kettlebells, dumbbells, in addition to exercises using your own body weight.

This program is for those who wish to:

- *Break fitness plateaus.*
- *Increase strength, endurance and cardio fitness to compliment other exercise programs and sports.*
- *Shed unwanted weight and decrease body fat.*



Feel energised, motivated, strong, capable and confident with this four-week program which is progressive, taking you from your current fitness to a much greater level of conditioning. Each session runs for 30 minutes.

The four-week program start date:
- **Monday, 23 August 2021.**

The program runs from 9-9:30am every Mon/Tue/Wed/Thu/Fri.

You can choose to attend ANY three sessions per week.

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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