



Take a step towards a healthier YOU with our NEW evening, FUN and PROGRESSIVE indoor 4-week boot camp. Feel the benefits of increased fitness as your energy levels increase and your new appearance draws compliments from friends...



... this program has a mix of exercises utilising:

- Own body weight.
- Free weights.
- Interval training and much more.
- We ensure you are performing exercises correctly in a supportive encouraging environment.

Kickstart PM Boot camp

Everyone has to start somewhere!

Who is this program for?

- Those who are looking to get started in a fitness program
- Those who are unfit & need to lose weight
- Those who don't have self discipline
- Those who want a supportive, fun and friendly environment.

Kickstart PM Boot camp (4-week program) Starts Monday 9 April 2018. Twelve, 30 minute sessions run at 5:30pm every Mon, Wed, Thu.

Kickstart PM Boot camp will SAVE YOU more than 70% off the cost of personal training. Cost is \$180. For early payment (before/start of program) cost is 110 (SAVE \$70).

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