

SUPER SPIN

“Excuses don’t burn calories. Train insane, or remain the same.”

“Lower your bodies work-out breaking joint.”

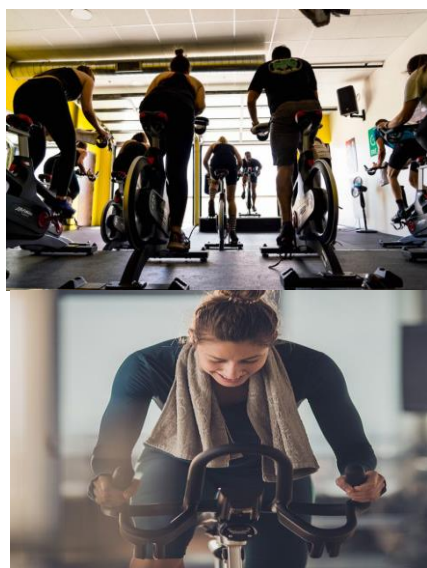


Join our dynamic, high energy, cardio boosting fitness program.

Watch your waistline rapidly lose centimetres as you burn body fat. Boost confidence as your appearance takes on a new and improved look.

This program is for those who want to:

- *Burn calories.*
- *Improve cardio fitness for a healthy heart.*
- *Build lean muscle.*
- *Strengthen core.*
- *Get fit while having fun.*



Super Spin is a four-week evening/morning program catering to those who lead busy lives, but want to develop and maintain health and fitness.

The four-week program start date:

Monday, 23 August 2021.

(PM option) Runs Mon/Thur. 6-6:30pm

Wednesday 25 August 2021.

(AM option) Runs Wed/Fri. 5:30-6am

Cost: \$220. *Book and pay before the start and get the program for \$112.*

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

Email:

bodyblitzer.fitnesscentre@gmail.com