



**The teen blitz boot camp is a fun and challenging program incorporating a mix of functional exercises including cardio, boxing, resistance and interval training...**



This program is suitable for teens wanting...

- to get fit
- increase strength and endurance
- develop muscle tone
- perhaps lose even lose some weight

Suitable for beginners to advanced fitness levels as everyone progresses at their own pace.

# Teen Blitz

**6 week boot camp for teens**



Teen Blitz (6-week program) starts Monday 13 February 2017. There are 18, 30-minute sessions at 7am every Mon, Wed and Fri.

Teen Blitz will SAVE YOU more than 60% off the cost of personal training. Cost is \$150. Book and pay before the start and get this 5-week program for \$90 (save \$60).

BONUS: FREE access to fitness classes and gym during program

Places are limited so book NOW. Phone / text 0437 226 615 for booking, or book via email: [bodyblitzer@datafast.net.au](mailto:bodyblitzer@datafast.net.au)