

# THE BIG SHED

*“Shed unwanted kilos and gain fitness while working out and having fun in Frank’s big shed.”*



**“Move it to lose it.”**

*We understand the hardest part is just walking through the door, so we aim to help you without the embarrassment or intimidation that can come from exercising at regular gyms. Exercise only with your group. We offer regular assessments to monitor progress, nutritional guidelines and accountability checks to keep you motivated and on track.*

***This program is for those who wish to:***

- ***Shed body fat.***
- ***Shed excess weight.***
- ***Shed centimeters.***
- ***Develop strength and endurance.***
- ***Improve confidence.***



***A new ten-week Big Shed Challenge. The format is non-threatening, friendly, fun and progressive.***

**The ten-week program start date:**  
- **Monday, 4 October 2021.**

**The program runs from**  
**6:30-7am every Mon/Wed/ Fri.**

**Cost:** \$435. *Book and pay before the start and get the program for \$295.*

**Bonus:** *FREE access to gym during opening hours (see Bootcamp Timetable 2020) and access to our Variety Bootcamp on Saturdays from 8:30-9:30am.*

**MONEY BACK GUARANTEE:** *Lose 6kg in six weeks or your money back! You risk NOTHING, except dropping 10kg! Conditions apply.*

*Places are limited. Book NOW.*  
*Phone/text Body Blitzer: 0488 988 938*  
*Email:*  
*bodyblitzer.fitnesscentre@gmail.com*