

ULTIMATE FITNESS CAMP



"Set a new goal now with our new UFC program – Ultimate Fitness Camp. Join our exciting, fun, challenging boot camp based on outdoor training, cross fit and mixed martial arts training methods."

"Fit and strong happens when you run out of weak."

UFC targets functionality, using compound, dynamic movements. There are no isolation exercises. You won't exercise on treadmills, or machines. You will use kettle bells, medicine balls, free weights, jump boxes, tyres, plyometrics, dumbbells, sledge hammers, ropes and your own body weight to forge a strong, well-toned body.

This program is for those who wish to:

- ***Experience the great fitness benefits of a challenging program.***
- ***Be the fittest they have ever been.***
- ***Have enhanced strength, endurance and cardio fitness.***
- ***Shed unwanted weight and dramatically decrease body fat***



The six-week UFC indoor program is a low tech, high effort, full body workout. The program is progressive, taking you from your current fitness to a much greater level of conditioning.

The six-week program start dates:

- **Monday, 22 February 2021.**

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

***Cost:** \$275. Book and pay before the start and get the program for \$199.*

***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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