

ONLY
£59.99

**STARTING
SEPT 2010**

Fitness  Health
You can • You are • You did

BRINGS YOU...

FITCAMP

**@ MARKET DEEPING PARK
(OPPOSITE TESCO)**

WHAT IS FITCAMP

- 8 OUTDOOR FITNESS SESSIONS
- 4 WEEKS COMMITMENT X 2 A WEEK
- INDIVIDUALS OF ALL ABILITIES WELCOME

WHAT WILL I GAIN FROM FITCAMP

- REDUCED BODYFAT & WEIGHTLOSS
WITH INCREASED BODYTONE
- A FRESH START TO YOUR FITNESS TRAINING
- A NEW SOCIAL NETWORK WITH THE SAME GOAL

ALL FITCAMPS ARE RUN BY FULLY QUALIFIED
AND EXPERIENCED PERSONAL TRAINERS WITH
FULL PUBLIC LIABILITY INSURANCE.

PLEASE ENSURE YOU BRING A TOWEL AND A
DRINK TO EACH SESSION AND CONSUME A LIGHT
SNACK AT LEAST 2HRS BEFORE

FITCAMP DATES

MONDAY 13 | 20 | 27 | 4 |
THURSDAY 16 | 23 | 30 | 7

TIMES

M | 18.15 - 19.00
T | 18.15 - 19.00

BOOK YOUR PLACE NOW!

CONTACT MARK 07525657596
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