



STARplex “recruits” recently completed our first 6 week course held over two mornings per week for gruelling one hour training sessions. An exercise program designed to push members out of their comfort zone, Bootcamp helped clients achieve a new level of fitness.

Regardless of a “recruits” fitness level, trainers always found a way of pushing people to their personal best without anyone feeling they were the odd one out.

Recruits were excited at the results they achieved in the 12 sessions.

- ✓ Weight loss
- ✓ Lean muscle gain
- ✓ Increased fitness and endurance
- ✓ Increased strength and flexibility

Congratulations to Rebecca Trimboli on being awarded the “Golden Boot” for her consistent efforts and outstanding attitude!

