

BOOT CAMP

...seriously healthy fun






Begins 22nd Feb – Ends 5th April 2010



Mondays & Wednesdays 6.30am - 7.30am

10% off
any BOOT CAMP
If you join up a
friend

**In just 6 WEEKS
do YOU want to**

-  lose weight  decrease body fat
-  increase lean muscle mass  increase cardio fitness
-  challenge yourself physically, mentally and emotionally!

THEN BOOT CAMP IS FOR YOU!

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10 YEARS IN 2010



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