

# CITY BOOT CAMP

LOSE WEIGHT GET FIT FEEL BETTER



*'I feel better than alive....give me some more of that crazy boot camp!'*

Kate Simon

*'Unbelievable weight loss...I didn't think I could look like this again after having 3 children'*

Julia Harrison

*'I'm hooked...book me for in for January'*

Louise Nabarro

## BOOT CAMP WITH A DIFFERENCE

- ✓ No need to travel far – our boot camps are London based and not overnight.
- ✓ 1-2-1 or small groups – your choice.
- ✓ '9 week Body Blitz' programs include 4 week lead in to ensure you get the most from your week PLUS 4 week after care program so you stay on-track.
- ✓ Fantastic daily diet sheets including vegetarian, gluten intolerant and many more options.
- ✓ Train in air-conditioned studios & gyms and in beautiful Regents Park.
- ✓ Workouts include Pilates, Boxercise, S.A.Q. sports conditioning, functional training, myofascial release, Swiss Ball, Bosu and pure bodyweight exercises.
- ✓ 3 different packages for all group sizes. You can even personalise your group booking (e.g. in a 3-2-1 booking 1 person can book Option 1 and 2 can book Option 3, etc. Prices will reflect changes)