

**CITY BOOT CAMP**  
LOSE WEIGHT GET FIT FEEL BETTER



# NEW FOR 2010

# CITY BOOT CAMP

**HIGHLY PERSONALISED WEIGHT LOSS PROGRAM**

**CUTTING EDGE HEALTH & FITNESS ASSESSMENT**

**INDIVIDUAL NUTRITIONAL ANALYSIS & DIET PLAN**

*Blitz programs Only*

**4 WEEK LEAD IN PROGRAM SO YOU GET THE MOST  
OUT OF YOUR BOOT CAMP WEEK**

*Blitz Programs only*

**WORK OUT AT U.C.S. FITNESS STUDIO & ELITE  
SPORTS FACILITY IN HAMPSTEAD**

**TRAIN 1-2-1 OR IN GROUPS OF 2, 3, OR 4.  
3 FANTASTIC PACKAGES - FIND THE RIGHT ONE FOR YOU**