

bodyblitz

BOOT-CAMP

March 28th
8.45am-4.30pm, Greenacre

Ladies, be the best you can!

A day of hard exercise, designed to attack body fat and improve your fitness levels for just £80

Run, row, **THUMP** boxing, power walking, **SPINNING**, swimming, circuit training, yoga and sports massage

Ladies only, limited places, lunches provided

Registration forms at reception, contact E-J on 07845 968029 with any questions