

# boot camp

“Going on holiday, want a beach body or just want to look and feel good? Then Boot Camp is for you!”

Each boot camp lasts 1 month and consists of 8 sessions to be held twice a week. (Monday & Thursdays) 7.30 to 8.30pm

**Boot Camp 1 starts Monday 26 April to Thursday 20 May**

**Boot Camp 2 Starts Monday 7 June to Thursday 1 July**

**Boot Camp 3 Starts Monday 12 July to Thursday 6 August**



## You will achieve **FACT:**

- Fat loss
- Improved muscle definition
- Improved aerobic fitness
- Improved strength
- Improve stamina
- More energy
- Exercise whilst having fun
- Meet new people
- Great workouts
- Variety of exercises
- More focus and motivation
- More confidence

*price includes a 30 minutes sports massage*

**Spaces are limited so call and reserve yours today!!**

“come rain or shine we’ll be out there”

For more info contact Pete on 07956 340 750 or email [pete@petefitness.com](mailto:pete@petefitness.com)

**PeteFitness.com**

To be held at Dartfordians Community Sports Club,  
Bourne Road, Bexleyheath, Kent

