

BOOTCAMP

REVOLUTION.™



BOOT CAMP UNLIMITED

1 Monthly Payment - Unlimited Sessions

£50



ADD YOUR PARTNER FOR AN ADDITIONAL £20 PER MONTH
(min 6 months at £50 per month – Terms & Conditions apply)

BOOT CAMP DOG TAGS

10 x 1hr sessions: **£65**

20 x 1hr sessions: **£110**

SAVE £20

when you purchase 20 sessions

(Dog tags expire within 3 months of purchase – Terms & Conditions apply)

BOOTCAMP PANIC BUTTON

4 WEEKS : £120 6 WEEKS : £150

8 WEEKS : £180



Are you limited on time before you bare all on your holiday or that important event? Then **HIT THE PANIC BUTTON!**

An Exercise & Nutritional programme designed to achieve a tighter, fitter, slimmer physique. Includes Unlimited Bootcamp Revolution sessions, nutritional assessment & a professional, long lasting spray tan in the comfort of your own home with Streakless Spray Tanning.

TERMS & CONDITIONS APPLY



01376 323 143



07963 202 339

PERSONAL TRAINING

£40 1 hr session

£300 10 x 1hr sessions

At your home, work place or at our Military Style Assault Course



PAY AS YOU BOOT CAMP

£8.50 per session

1 PAYMENT - 1 SESSION

TERMS AND CONDITIONS APPLY

BIG & LIL BOOT CAMP

£8.50 1 adult - child **FREE**

Occupy your kids during school holidays while spending quality time together, staying active & most importantly...having fun!

A 1 hour session for over 8's & their carer at the Bootcamp Revolution assault course. Terms and Conditions apply



GROUP TRAINING SESSIONS

£45 1 hr session 2 - 6 people

£60 1 hr session 7 - 10 people

£80 1 hr session 11 - 16 people

DISCOUNTS AVAILABLE FOR MULTIPLE BOOKINGS

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FIT FOR BOOTCAMP

1-2-1 Training: **£40**

You + 1 friend: **£45**

You + 2 to 4 friends: **£50**

If you would like to attend a boot camp session but don't feel your fitness levels are high enough, 'Fit for Camp' is what you need! 1 HOUR TRAINING SESSIONS

DISCOUNTS AVAILABLE FOR MULTIPLE BOOKINGS

FIGHTING FIT **£40** 1 hour 121

121 Outdoor Martial Arts Training to strengthen, improve overall fitness and learn new self defence moves to have you fighting fit Including Pad Box Training, Tai boxing and kick techniques

NUTRITION ASSESSMENT **£40**

A complete evaluation of your diet, macronutrient intake and eating habits. Receive concise, detailed information and advice on consumption, portion sizes & eating frequency. Retrain your body to recognise the true signs of hunger & dehydration. Learn how to create a well balanced meal plan your whole family will enjoy. We'll even raid your fridge and come shopping with you if we think it will benefit you!

WEDDING BOOT CAMP

£180

8 wks unlimited sessions

£300

16 wks unlimited sessions

An 8 or 16 week exercise and nutritional programme designed to give you a tighter, fitter, slimmer, physique. Includes a full nutritional consultation to ensure your hair and skin are at their best for your big day, postural correction which also includes 'adjusted walking patterns' which ensures you walk tall with poise during your wedding day.

Most importantly, this package also includes a unlimited Bootcamp Revolution sessions for 8 or 16wks. We also offer First dance sessions with our associated Dance Company, URBAN KICK to ensure you and your new partner 'Wow' your guests

RUNNING CLUB **£4** per session

Improve cardio fitness while building strong bones & and strengthening muscles Receive running tips & advice from our qualified Level 2 Running Trainer during this 1 hour session. Discounts available to charity runners, including Race for Life, Charity Marathon runners etc.

YOGA & PILATES **£5** per session

Outdoor sessions in a private environment, allowing you to be really at one with nature. Slow, measured movements that will improve posture, flexibility and general well being. Create long, lean muscles & tone your abdominal area & improve core stability. Excellent for improving back pain & injuries.