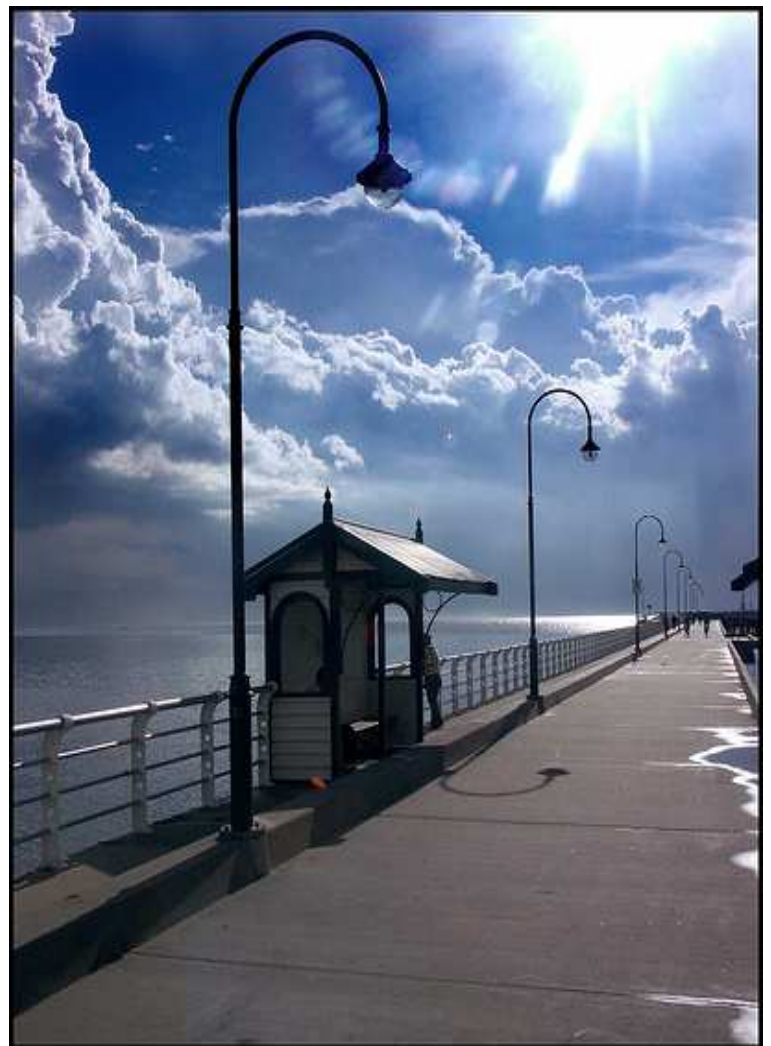


ST KILDA BOOTCAMP

EVERY SATURDAY 9AM
MEET AT THE START OF
ST KILDA PEIR

What you can expect

- *1hr of high intensity exercise catering to all fitness levels*
- *Increased fitness and energy levels*
- *Increased lean muscle mass*
- *Decreased body fat and weight*
- *To challenge yourself physically, mentally and emotionally*
- *Increased muscle endurance*
- *Increased agility, flexibility and mobility*
- *To have fun exercising with a group*
- *Nutritional assessment and advice*
- *Cost is \$20 per person*



Contact us for more
information

Dan 0409 972 252
Frank 0414 566 479

“The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.”