

FAT-LOSS BOOTCAMP

Tried every diet going?
Been exercising for years?
Still not happy with your body?



Fat-Loss Bootcamp is for YOU!

Do you want to drop a dress size in 4 weeks? With Lewis' help you now can.

The Fat-Loss Bootcamp is not for the non-committed, the can't be bothered, the can't avoid the junk foods at the weekend types. This is a serious diet and exercise programme for people who are serious about melting fat.

Lewis is going to become your best friend although at times you will wish you had never met him. Why? Because in order to drop a dress size in 4 weeks you are going to have to eat healthy, wholesome foods and sweat. Lots. Early in the morning.

Fat-Loss Bootcamp is run in 4 week blocks with 3 workouts per week 6.45 am to 7.30 am (Monday, Wednesday, Friday). The workouts are designed using the most up to date exercise science to ensure that you are melting fat throughout the session and long after you leave. What sets this Bootcamp apart from any other is that from 7.30 am to 8.00 am there is an information and advice session after each workout. In these sessions Lewis will be supporting you with dietary advice, monitoring and recording your progress and introducing you to new ideas and concepts within the world of fitness that you may not yet be familiar with. These sessions will provide you with the essential knowledge, guidance and support necessary in order for you to achieve your health, fitness and fat loss goals.

FAT-LOSS BOOTCAMP STARTS MONDAY 1ST FEBRUARY.

Full fee must be paid at time of booking. PLACES STRICTLY LIMITED

£82 per Bootcamp or £41 with Direct Debit or Annual option 3 'One' Card. At less than £3.42 per session that is less than the cost of a glass of wine. Can you afford to miss out?

Full Bootcamp fee must be paid at time of booking. Reserve your place at reception or call The Heights Leisure Centre, Sandown on (01983) 405594

*We don't believe that you need to get cold, wet and risk injuring yourselves in the dark.
All sessions held indoors. **FREE HEALTH SUITE SESSION AFTER WORKOUT!***