



Do you want to lose weight, get fit, shape up, enjoy better health and get that beach bod you know you deserve?

Join extremebootcamp, where we put FUN and FABULOUS back into fitness.

What is it?

Outdoor fitness training programs for **EVERYBODY** that is bored with overcrowded, sweaty gyms and long, boring cardio workouts.

Boot camp training provides a unique and exciting way of getting into shape. By offering different exercises every day, focusing on **team-work** and using the **natural outdoor environment** to provide innovative routines, it combines **fun** and **excitement** with **social interaction** while you are **getting fit** and **burning body fat**.

The program caters for persons of all ages and fitness levels and exercises include short distance running, circuits, mat work, weight work, sports drills, core conditioning, games, and much, much more!

How does it work?

"Inspiration – Motivation – Determination!!"

- Classes are 60 minutes in duration; campers decide how many classes they want to attend.
- **Minimum** recommended classes are 3 per week for **optimum** results if you are not currently on a program.

When and Where?

- **Sunridge Primary School:** Morning classes Mondays, Wednesdays and Fridays, 5 – 6am; and Mondays to Fridays, 17h30 – 18h30. **(8.15 – 9.15am classes starting in January 2012!)**
- **Summerwood Primary; Summerstrand:** Morning classes Mondays, Wednesdays and Fridays, 6 – 7am.

What can you expect?

- **Fun** workouts – you will be working hard while having **FUN**
- **ZERO boredom** – no 2 days are alike
- Individual attention will be given to each camper by our **QUALIFIED** staff
- **Teamwork** – NO-ONE gets left behind
- Make new **friends!**

- Reduce **body fat & Weight loss**. Lose centimeters all over, especially **midsection**
- Better **relaxation & Improved** health
- Lasting **energy & Improved endurance**
- Greatly **improved** posture & increased **strength**
- **100%** gain in self-confidence

Be prepared for the following!

- **extreme FUN**
- **extreme FITNESS**
- **extreme MOTIVATION**
- **extreme INSPIRATION**
- **extreme DETERMINATION**
- **extreme PERFORMANCE**

How do I register?

Contact **SHARON** on **076-722 3782** or email info@extremebootcamp.co.za or visit www.extremebootcamp.co.za

Classes	Monthly Payment
Individual Memberships	R325.00
Students Members (Proof of student card required)	R250.00
Family Memberships (Must be husband / wife and their own children)	2 Members – R520.00 3+ Members – R650.00
Once Off fee per Class	R50.00

- **Pay for 5 months upfront and get 1 month free!**

BANKING DETAILS FOR EFT OR DIRECT DEPOSIT (Proof of payment required) – SORRY!! No Cash Payments Accepted!!:

Account Name: Extreme Boot Camp

Bank: First National Bank

Branch: Newton Park

Branch Code: 261-050

Account Number: 62232760779

Type: Cheque/Current Account