



BuggyBootcamp's

BikiniBodyBootcamp

Hi mummies

If you have been waiting to really commit yourself to a get fit, get trim programme in time for swimsuit season, we have the perfect thing for you. At BuggyBootcamp, we will carefully design a 6 week programme to help you ease off those post pounds and to feel more comfortable in your swimwear, ready to hit the pools and beaches with your little ones this summer!

Your pass for the programme will entitle you to the following:

- twelve classes in your chosen location
- a customized take- home exercise programme
- tips on eating healthily
- tips on incorporating exercise into your daily routine
- local walking/ jogging routes to do in your own time
- email support throughout the programme and beyond
- Weekly weight check
- Start and finish measurements and weigh in

As well as working out as part of the group with team support, you will have your personalized programme which will all help you to achieve what you want to achieve, be it toning up your arms, improving your fitness for a 10K, or simply losing a few pounds.

To do all this for 6 weeks with a personal trainer would cost over £400 but with BuggyBootcamp we are offering this get- fit 6 week programme for £99!

All this for only £99!! That breaks down to just over £15 a week for a personalized fitness programme!

For more information, please contact your instructor who is waiting to hear from you!

Best Regards,

Nicola Ostler
Founder/ Instructor BuggyBootcamp

*Participants must use the designated 12 classes within 6 weeks of joining the “BikiniBodyBootcamp” programme. Classes will be lost after this time and the BuggyBootcamper must return to pay per class or 10 class pass for £45

*You must begin the programme by July 5th 2010.

* payment is non-refundable and must be paid upon return of the questionnaire