




BOOT CAMP COURSES 2018

TUESDAY 7pm-8pm	Upton United Reformed Church Heath Road CH2 1HX	FITASFUNK www.chesterbootcamp.co.uk BURN & BEATZ (dance FIT, aerobics)
WEDNESDAY 6pm-7pm	Upton High School St James Avenue CH2 1NN	BOXERCISE (padwork, circuits, core)
WEDNESDAY 7pm-8pm	Upton High School St James Avenue CH2 1NN	HARDCORE AB BLAST  (fat burning, core, conditioning)
THURSDAY 7pm-8pm	Cheshire County Sports Club Plas Newton Lan CH2 1PR	FITASFUNK www.chesterbootcamp.co.uk FAT BLASTER (circuits, HIIT)

**CHOOSE YOUR MAIN WEEKLY SESSION THEN MIX & MATCH
PRE-BOOK ONLINE - CALL CARLY FOR INFO 07712 538492**

SPRING CHALLENGE 5 WEEKS	27 th Feb – 29 th Mar	5 sessions @ £25 10 sessions @ 45 15 sessions @ £60
SPRING FAT BLAST 6 WEEKS	17 th Apr – 24 th May	6 sessions @ £30 12 sessions @ £54 18 sessions @ £72
SUMMER CHALLENGE 8 WEEKS	29 th May – 19 th July	8 sessions @ 40 16 sessions @ £72 24 sessions @ £96
SUMMER FAT BLAST 4 WEEKS	7 th Aug – 30 th Aug	4 sessions @ £20 8 sessions @ £36 12 sessions @ 48
AUTUMN FAT BLAST 6 WEEKS	11 st Sep – 25 th Oct	6 sessions @ £30 12 sessions @ £54 18 sessions @ £72
LBD WINTER CHALLENGE 6 WEEKS	6 th Nov – 13 th Dec	6 sessions @ £30 12 sessions @ £54 18 sessions @ £72

FITASFUNK

www.chesterbootcamp.co.uk