

BOOT CAMP



\$12.50 PER SESSION OR \$33 PER WEEK FOR UNLIMITED SESSIONS

For those looking for a real challenge, this is an outdoor session that will give you a workout like no other! We use equipment which include ropes, chains, tractor tyres, beer kegs, sledge hammers, and wheel barrows.

Now running sessions In:

- **Vermont Sporting Club (Mel Ref. 62 J3)** - Monday, Friday 6.00-7.00am
- **Ringwood Heights Primary School (Mel. Ref. 49 E5)** - Saturday 8.00am



1300 859 169

www.activelifestyle.com.au

TAKING YOU OUT OF YOUR COMFORT ZONE