



6 WEEK BOOTCAMP: Starts Wednesday 8 February!

StudioFIT Ashburton is pleased to launch BOOTCAMP. If you are ready to challenge your fitness, get up early, workout in the great outdoors, then BOOTCAMP will be perfect training for you! Expect to use a wide range of equipment from weight plates to tractor tyres to heavy ropes to fire hoses, this training will exercise and challenge your whole body!

- What: 6 week BOOTCAMP, 18 sessions in total.
- When: Mon, Wed, Fri mornings 6-7am. Starts Wed 8 Feb!
- Based at: Outdoor locations around Ashburton (you will be given a list of locations and dates)
- Who for?: Anyone who is keen to mix up their training, kick start 2012 or complete their first challenge of 2012 then this is the programme for you! No two sessions will be the same. Our instructors will cater for a wide range of fitness levels, offering options for each exercise and challenge.
- Instructors: Phil Deuart & Greg Spence. Both Greg & Phil are qualified Group & Personal Trainers with experience in running BOOTCAMPs. Phil is involved with hockey and the fire brigade, Greg is a co-owner of studioFIT & a Mid Canterbury Rep 7's and XV's rugby player.
- First session: 6am Wednesday Feb 8th!
- Cost: \$180 or \$30 per week (forms & payment can be arranged on Sunday 29 Jan, Wed 8 Feb or by contacting info@studiofit.co.nz)

FREE TASTER SESSION...

Come along to studioFIT, 211a Alford Forest Road Ashburton on **Sunday 29 February 10am for a FREE BOOTCAMP workout** and get a taste of BOOTCAMP training!

For more information or queries please do not hesitate to contact info@studiofit.co.nz

211a Alford Forest Road, Ashburton, Phone 03 308 3098