

THE BEST BOOT CAMP
IN THE SHIRE IS BACK!

6 WEEKS OF BOOT CAMP ACTION

Who wants to look their best?
Commencing 15th March 2010
BOOK YOUR PLACE NOW!



KINNETIC BOOT CAMP

Getting fit as a group is one of the most cost-effective and successful ways to tone up, lose weight and feel great! Reserve your spot and start your health and fitness transformation today!

What to expect

You will be physically and mentally challenged and put through your paces. Our sessions include fitness testing, running, crawling, push ups, sit ups, pull ups and group challenges.

Our Commitment to you

- We will help you achieve your goals ASAP
- We offer the most up to date fitness regime
- We promise results, whilst keeping it fun and challenging

How it Works

Monday, Wednesday & Friday
5.45am - 6.45am - Roll call 5:30am

Conducted at various Cronulla locations

How Much

Best Value Boot Camp in shire
6 Weeks (3 sessions per week)

Only \$250.00 - Book Now

Book Now & WIN

Complete the registration form & return by the 1st March 2010 to go in the draw to win a \$100.00 Westfield Gift Card. Drawn at the end of the challenge.



Become a Kinnetic Boot Camp Fan

Join the Kinnetic team on facebook by visiting www.kinnetic.com.au and just click the link.



How to Book

Complete the registration form attached or contact Mat Kinnear 0416 748 548 @ mkinnear@kinnetic.com.au

Need More Information

please visit www.kinnetic.com.au or contact us on 0416 748 548



