



# BE FULL BOTTLE HAPPY

## BOOTCAMP

Fitness Boot Camp is a great way of getting fit. Boot camp sessions integrate the four main essentials to getting in the best shape – Cardio, Core, Resistance, and Flexibility all in 30 – 40 minutes. This HIIT training style targets all body parts at once through dynamic movements at different intervals. In 30- 40 minutes you'll work up a sweat, burn fat and keep your body in the fat burning zone well after your workout. Simply perfect when you're pressed for time. Full Bottle Fitness split the boot camp sessions into Upper Body, Core, All over body blast, Legs and Endurance.

See website for dates and times

[www.fullbottlefitness.co.uk](http://www.fullbottlefitness.co.uk)

Call Tina: 07952 648682



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**GET FIT  
STAY FIT  
HAVE FUN**