



'Toned Mums' Bootcamp

Female Only Fitness by New Body Bootcamp

**Monday / Wednesday / Friday @ 10am-
11am From November 9th 2009**

Mums! Are you looking for a fitness plan that is designed for you that will give you the body you want? As a busy mum, you don't have endless hours to spend in the gym. Join other like-minded mums as you lift, jump, laugh and socialize your way to the body of your dreams!

- Super fun, structured training using fun gymnastics equipment,
- circuit training, team games, famous assault course + more
- We will be targeting the butt, thighs, abs + more.
- Gain more energy. Improve your hair, skin and nails.
- Get the flat tummy and firm body you've been searching for.
- Lose 7-19lbs in 30 days. Get toned, fit and gain more energy
- Meet new people, boost confidence and have fun

**Unlimited Sessions £94 per month call
Simon on 07786 175118 to reserve (£20 Deposit)**

Book Your Super Saver Earlybird Online Now!
SAVE £71 FIRST 10 Mums - 3 Month Supersaver £197
<http://www.newbodycamp.co.uk/about-exeter-gym/mums/>