

wall2wall FITNESS



Summer Shape Up

**12 Week
Boot
Camp**

Monday 16 January - Thursday 5 April 2012

Session Times

- MONDAY 6am & 6pm POWERBOX**
Power and strength with boxing, balls, bags and ropes
- TUESDAY 6am & 6pm SUPER STRENGTH**
Serious resistance strength workout for both toning & weight loss
- WEDNESDAY 6am CARDIO CIRCUIT**
Aerobic Training with running & station based circuits
- THURSDAY 6am & 6pm CARDIOBOX**
Aerobic boxing sessions with a focus on long, cardio sets
- FRIDAY 6am INDOOR INTENSITY**
Intense Indoor Circuit with free weights

Prices

- 1 session/ week **\$240**
2 sessions/ week **\$425**
3 sessions/ week **\$590**
4 sessions/ week **\$729**

Venue

**Melbourne Girls
Grammar School,**
Anderson St,
South Yarra

In 2012 Wall2Wall Fitness Boot Camps have moved to a great new venue - MGGS. This venue provides a great outdoor synthetic surface venue as well as a terrific indoor alternative location. Nick and Catherine will again be your trainers for the Summer Shape Up 12 week program .

**BOOK NOW to commit
to a NEW YOU in the
NEW YEAR!**



**FOR MORE INFORMATION VISIT www.wall2wallfitness.com.au
EMAIL info@wall2wallfitness.com.au or CALL 0416 077 363 or 0413 996 235**