# wall2wall FITNESS

Register before August 20 & receive

**1 x 30min**
**1 on 1 PT session**
**FREE**

Special offer limited to the first 10 registrants

## SPRING BACK TO SHAPE – 9 WEEK BOOT CAMP

### In just 9 WEEKS we help you;

- Drop kilograms
- Lose centimetres
- Feel fitter, healthier and more confident

All Just in time for summer and the Spring Carnival

**Start:** Tuesday 31 August

**Finish:** Thursday 28 October 2010

**Venue:** Edmund Herring Oval, Domain Rd, South Yarra

**Day:** Tue & Thu

**Time:** 6am/9am/6pm...
*Introducing 7am if numbers allow.

**Price:** ONLY $325 for 18 sessions!
$295 (returning boot campers)
2 sessions a week for 9 weeks!

FOR MORE INFORMATION ON OUR SESSIONS & WHAT THEY INVOLVE GO TO
www.wall2wallfitness.com.au EMAIL US info@wall2wallfitness.com.au or CALL 0413 996 235

# FRIENDS REFERRAL PROGRAM

***Bring your friends & reap extra rewards!!!!***

- Sign up a new member to Spring Boot Camp & receive 1 x 1on1 PT sessions absolutely **FREE ($50 value)**
- Sign up 2 new members to Spring Boot Camp & receive 3 x 1on1 PT sessions absolutely **FREE ($150 value)**
- Sign up 3 or more new members to Spring Boot Camp & receive your Summer 6 week Boot Camp absolutely **FREE ($219 value)**

*"Since starting Boot Camp with Wall 2 Wall Fitness, I'm full of energy and have more motivation to exercise. So far, I have gone from a size 16 to a size 12 and feel confident!!! I use to HATE physical exercise but working out in groups is fun and keeps me going!!! I highly recommend Boot Camp to anyone to improve their fitness levels, get their desired results and most of all, to have fun!" Ashlea Moore, Paralegal, Kilsyth*

## OTHER WALL2WALL FITNESS PRODUCTS

- ***Mobile Personal Training***
- ***1 on 1 & Buddy Training***
- ***Running Coaching***
- ***Corporate Boot Camps***
- ***Specialised Group Sessions***

# MEET YOUR TRAINERS

***Catherine Wall*** - Director & Trainer

"Our Boot Camp is not about military commands, army greens and personal punishment, instead it is about achieving results through high intensity hard work whilst still enjoying the training with similarly focused people. My greatest personal satisfaction as a trainer comes from seeing a client's recognition of the changes within themselves - it may be a dropped dress size, significant weight loss or just increased energy levels. Whichever the result, it makes our clients want to maintain a healthy well balanced lifestyle. As a trainer my focus is on weight loss, body toning, strength & nutrition."

***Nick Wall*** - Director & Coach

"Boot Camp is really just a title for the most popular product offered by Wall2Wall Fitness. In reality it is best described as 'fun, varied, intense, group training'. Using a range of methods including boxing, circuits, resistance and running, our outdoor sessions utilise varied equipment from weights, ropes, ladders and balls to therabands and punching bags. As a coach, I love helping clients achieve PB's (personal bests) and it is equally enjoyable seeing a client complete a debut marathon as it is helping them achieve their first proper push up. For me, training is all about pushing you to your own personal limits."

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