

Get in Shape in

**8 WEEKS!**

# BOOT CAMP



**FITNESS CLASS**

**TUESDAYS FROM 23 JANUARY 2018**

**6.45 - 7.30 PM**

**WEST PRESBYTERIAN CHURCH**



Ideal for weight loss  
and tone

Suitable for all levels

Both male  
and females welcome

 **BootCampNI**

CALL OR TEXT  
**07834997550**

TO BOOK YOUR PLACE

Cost:  
£35 for 8 week course



*Instructor: Martin Emans (NASM-certified personal  
trainer with over 10 years experience)*

