

Summer Training Camp on the costa del muscle

Get in Shape Boost your Fitness Step out in a new direction

You need to bring:

- Water
- Outdoor workout clothing
- A bike for the Tuesday session
- And you need to bring your game face ready to rock



Who's it for:

All abilities. If you're carrying an injury then I'll help you with alternatives. If you're new to exercise I'll show you easier options. If you're already ripped then I'll give you some tough progressions.

Kids are welcome but it's not a crèche so they've got to be old enough to look after themselves, i.e. they've got to come ready to work, same as everyone else.

Cost: £20 per person. Come to as many sessions as you like. The more you do the better the value. Under 14's half price.

Monday

9:30am: Sandaig - Pure cardio

5:30pm: Sandaig - Super toned

Starts Monday 6th August

Tuesday

9:30am: Sandaig - Cardio abs

5:30pm: Sandaig - Bike skills & drills



Wednesday

5:30pm: Crossapol - Beach intervals

For further details or to book a place call Will on 220421 or 07768 462 613

Thursday

9:30am: Sandaig - Super toned

5:30pm: Sandaig - Hill reps

Friday

9:30am: Sandaig - Hasta la vista - Muscle up for the final challenge