

MUMS & BUBS BOOTCAMP

WANT A BOOTCAMP WITH A DIFFERENCE?

Come to the people who have been doing this for more than 20 years!

The program is run in a mixture of indoor & outdoor venues ... you won't get bored!

GROUP DISCOUNTS

Round up 3 or more of your friends and you'll all get 10% off.

PAYMENT PLANS

Easy to manage weekly or fortnightly plans Direct Debit or Credit Card

Starts September 20th
Monday, Wednesdays & Fridays
9.30am – 10.30am

1 day/wk for 6 weeks
= \$197 (\$32/session)

2 days/wk for 6 weeks
= \$297 (\$25/session)

3 days/wk for 6 weeks
= \$397 (\$22/session)

+ FREE Introductory Workshop

- Goal setting - 6-12weeks
- Personalised program
- Weekly nutrition/diet review
- Healthy eating plan and recipes
- Motivation, support & guidance from friendly Male & Female trainers.



S.A.F.E & POWERHOUSE PTY LTD

23 Wolverhampton St Stafford | PH: 3356 3363 | M: 0404 843 405
www.powerhousenrg.com.au

POWERHOUSE BOOTCAMP

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Come to the people who have been doing this for more than 20 years!

The program is run in a mixture of indoor & outdoor venues ... you won't get bored!

GROUP DISCOUNTS

Round up 3 or more of your friends and you'll all get 10% off.

PAYMENT PLANS

Easy to manage weekly or fortnightly plans Direct Debit or Credit Card

Starts September 20th

Ends November 1st

Monday, Wednesdays & Fridays
6.30am – 7.30am

1 day/wk for 6 weeks
= \$197 (\$32/session)

2 days/wk for 6 weeks
= \$297 (\$25/session)

3 days/wk for 6 weeks
= \$397 (\$22/session)

+ FREE Introductory Workshop

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