

## Summer Bootcamp

Running from April to September at Logan Street Park, Market Harborough



- Small and friendly summer bootcamp held in Market Harborough
- Sessions are held every Thursday from 6.15pm - 7pm
- Just £6 per session
- Book in advance required: Text / call Nick on 07731 405551

*Nick runs a weekly bootcamp. When I hear "bootcamp" I think uber toned fitness fanatics but this isn't like that. It's attended by about a dozen lovely people who are trying to improve their general fitness with Nick's help. Some of us are overweight and out of shape and trying to put that right over time. Everyone is supportive. Nick mixes it up each week with a variety of cardio and strength exercises, solo and team work. It's outside, come shine or shine (thank you summer of '18) with plenty of shade so not too hot.*

**For further information contact Nick:**

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