

Why not Spring into Shape after Christmas ?



Look no further than our 4 week Boot Camp fitness programme led by experienced personal trainer **Russell Knight**

Four Week Post-Christmas Boot Camp Course Every Wednesday in February

from Wednesday 8th February to Wednesday 29th February

9.15am Arrive

9.30pm Start intensive work out for 2.5 hours (Cardiovascular Training, Body-fat Weight Loss Sessions, All-body Toning Sessions, Core Workouts, Trail Run, Circuits, Assault Course)

12.00pm Healthy lunch and drinks included in the Manor

1.00pm Private Zumba Class in the Manor

2.00pm Depart - in time to collect the children from school



LIMITED SPACES AVAILABLE - BOOK EARLY

Special Price : £100.00 per person (4 sessions, 1 per week)

CHRISTMAS GIFT VOUCHERS AVAILABLE

OLD DOWN MANOR

VENUE OF DISTINCTION

For further information or to make a booking, please telephone 01454 414081 or ask any of the Staff at the Manor