



Want to Lose Weight, Tone Up and Get Great Results?

Life
Boot Camp

Then all you have to do is join one of Life's Boot Camps – a motivational weight loss and fitness training programme run exclusively at Life Health & Fitness Club on the Swansea Enterprise Park.

Life Boot Camps are aimed at local people who are either looking to get fit and in shape quickly or to give an additional boost to their existing training programme.

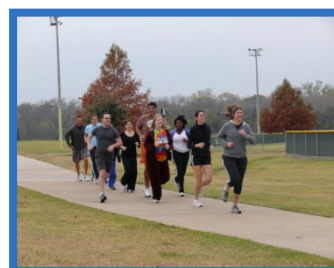
Our first high energy Boot Camp will run for just three weeks, from 10th to 28th May 2010 inclusive, Mondays to Fridays from 6.30 to 7.30 am at Life's state of the art fitness club situated at Castell Close, (behind Eddershaws), Swansea Enterprise Park.

They are particularly popular with anyone who is looking for a short, sharp fitness boost before the working day, without any long term commitment.

Our team of qualified fitness instructors has joined forces with local exercise performance expert, Richard Clarke, to develop this exclusive programme packed with a range of energising activities designed to help you reach your personal weight loss and fitness goals. But it's not just about a number on the scales or how far you can run. A Life Boot Camp can make you feel motivated and full of energy, giving you a new zest for Life!

Life Boot Camps are open to men and women of all ages, size, experience and fitness levels, providing high energy exercise plans which are challenging but varied, enabling everyone to participate at their own pace. Unlike other fitness regimes, at a Life Boot Camp you get tons of motivation and support from staff and your fellow boot campers to help you achieve your personal goals.

Invest in yourself by giving us just one hour of your time, five days a week for three weeks. The reward on your investment will be a Better Body, a Better Mind and Better You.



**Life Boot Camps – making a difference in You
that makes a difference in YOUR life.**

For more information or to sign up for a Life Boot Camp experience, call 01792 547777

or visit www.lifehealthclub.co.uk

In association with

