



Want To Get Fit For The Beach, But The Gym Isn't Working?

A popular way of getting in shape these days ready for that beach holiday is to attend a fitness bootcamp. A fitness bootcamp is a series of outdoor group exercise classes that entail body weight exercises combined with interval training and team events with a military theme and are a fun way of getting fit and making new friends.

On January 21st 2012, The Fit Farm will be running a 6 week New Year bootcamp for the general public in Victoria Park in Newbury entitled 'The Fit Farm 'Help for Heroes' New Year Bootcamp'.

The New Year bootcamp will consist of two, one hour sessions a week over a six week period, one on a Wednesday evening at 6.30pm, held at Chieveley Village Hall, and one session on a Saturday morning at 9am in Victoria Park, totalling 12 sessions in all. The sessions will cater to all levels of fitness, from the seasoned sportsman looking for a challenge, to the complete novice who has not exercised since school.

The cost of attending is a very reasonable £70 per person for the 6 week course, which is only £6 per session, with all profits going to 'Help for Heroes'

The event will be run by Ex Royal Marine Carl Garton whose younger brother is currently serving in Afghanistan with the Royal Marines.

A Help for Heroes coordinator will be opening the event and Local press will be covering the event for the newspapers and radio.

Spaces are extremely limited, so book early to avoid disappointment.

www.fitfarm.co.uk

07770421261