

# Cambridge Fitness Academy

INSPIRE \* MOTIVATE \* ACHIEVE



Dear Bootcamper,

Welcome to Cambridge Fitness Academy Bootcamps. We are dedicated to helping you achieve your health and fitness goals. Now is a great time to get on top of your health and fitness; to achieve the goals you have always wanted to. Our Bootcamps are the perfect way to do this. They are not a military style Bootcamp. It is a group of people serious about achieving their goals whilst having fun.

From overweight complete beginners to fitness fanatics, old or young. We work everyone to their own ability. With a positive and relaxed atmosphere, you can meet new training buddies, receive useful nutritional and lifestyle information and most importantly go home with a smile on your face. We utilise a variety of functional exercise approaches that provide a whole body workout that allows you to become fitter, slimmer, faster, stronger...and the list goes on. No two sessions are ever the same!!!

By signing up you will benefit from the following during the course of the bootcamp:

- ✓ Attend all the Bootcamp sessions
- ✓ In-depth Nutritional and Lifestyle advice
- ✓ 4 weeks of healthy meal ideas
- ✓ Healthy alternatives to common diet pitfalls
- ✓ Advice on how to stay active and fit
- ✓ Before-and-after diary to monitor progression
- ✓ Opportunity to complete fitness tests to monitor improvements
- ✓ Online support to answer any questions you may have along the way

Should you have any questions during the course of the bootcamp please do not hesitate to contact us. We are sure you will thoroughly enjoy our Bootcamp experience and we sincerely hope and believe it will help you along the road to achieving your health and fitness goals.

We look forward to training with you!

Phil and the team

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