



**BODY  
TO BURN**  
PERSONAL FITNESS



# Join Boot Camp with **Body to Burn**



## BOOT CAMP

3 sessions per week for 4 weeks  
\$179 first time participants\*  
\$159 returning participants

### Lake Burley Griffin

6.00 am Monday, Wednesday and Friday  
7.15 am Monday, Wednesday and Friday  
6.00 pm Monday, Wednesday and Thursday

### 2008 start dates:

31 March, 5 May, 2 June, 7 July, 4 August, 1 September,  
29 September, 3 November, 1 December.

Sessions also available in Tuggeranong, Woden and City West.

## BEGINNER'S BOOT CAMP

2 sessions per week for 4 weeks  
\$149 first time participants\*  
\$129 returning participants

### Lake Burley Griffin

7.15 am Monday and Wednesday

To book your place contact Bernie on **0408 264 748**,  
email [bernie@bodytoburn.com.au](mailto:bernie@bodytoburn.com.au) or book online at  
[www.bodytoburn.com.au](http://www.bodytoburn.com.au).

\*Includes Boot Camp T-Shirt and drink bottle