

Aylesbury Bootcamp - Gained Some Weight Recently



Location

South East, Buckinghamshire

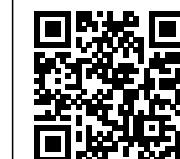
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Aylesbury Bootcamp - Gained Some Weight Recently?, Hello my names Dominic and I am announcing a new bootcamp/fitness class that is coming to aylesbury! starting on Oct 7th 2015... At Sir Henry Floyd grammar school oxford road start time 7pmIf you prefer group exercises if your looking to lose weight and feel great!..then this class can help! If You want to..-lose weight -tone up-increase your energy level-Burn caloriesand just overall great! then i can help.In terms of the class its 45mins in length You'll be in the safe hands of a full insured, fully qualified and experienced personal trainer..For A Limited Time There is A ***special offer*** the first 10 people to sign up get a discounted rate of £5 per session! So get in contact ASAPSome common questions you may have can be found below...Q)How Do I Book Onto the class..A)Simply message me back on gumtree to register your interest, we'll then talk and communicate going forward any additional questions we'll all be taken care ofQ)What do I need to bring to the class..A) A towel,water and loads of energyQ)Are the classes hard?A)The class can be..But you can do everything at your own pace with no additional pressureQ)Is there parking available?A)Yes there's plenty of parking on siteQ)Where are the classes held..?A) At Sir Henry Floyd grammar school from 7pm - 7:45 on Wednesday EveningsQ) What Kind of Class is it?A)The class is A weight loss class! its effective at Losing Weight & Burning caloriesThe Class Consists of exercises that focus on the complete body - abs, legs and the upper bodyQ)When Do I Pay?A) People will be expected to pay on arrivalPlease feel free to email in any additional questions you have I'd be more than happy to answer them!Many Thanks Look Forward To Seeing You On The DayDominic, Aylesbury,..

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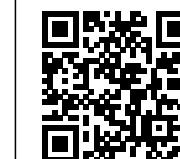
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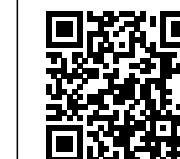
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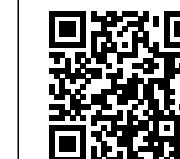
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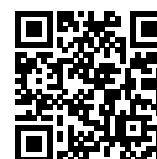
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