

# 6 WEEK BOOTCAMP (80 GBP)



Location

Yorkshire and the Humber, South Yorkshire

<https://www.freeadsz.co.uk/x-482316-z>



6 week bootcamp 6 Week bootcamp is designed to help make healthy lifestyle changes to help increase fitness, weight loss and confidence. You get for £80 1 session a week home/gym workouts nutrition guidelines food diary monitoring full support throughout starts January we had great results with the last one. Check out some of the photos and register interest here [www.penninesilhouettefitness.co](http://www.penninesilhouettefitness.co)



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