

## **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

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