

# JAMES MATTHEW BAKER

PROFESSIONAL FITNESS TRAINING

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## **BOOT CAMP**

These sessions are designed to suit everyone's fitness levels and capabilities. I will give you total encouragement to ensure you achieve your full potential in the fastest time possible through whole body workouts.

You will feel stronger, slimmer and leaner body boosting your metabolism. Through improved strength and endurance due to enhanced fitness levels, your body will become conditioned making unwanted pounds of fat melt away and being replaced with lean muscle tissue.

The boot camp package can be done with more than one person. Similar to the 'group training' package but more physically demanding in terms of training intensity.

£10 per adult (minimum of 4 adults per session).

**IT'S NEVER TOO LATE TO BEGIN!**