



**Bracknell
BID**

The Personal-Trainer-Led sessions are available to those wishing to get fit, of low to moderate ability.

Bootcamp Sessions

329 Bracknell, Doncastle Road, RG12 8PE

Free Parking and bathroom facilities available.

The BID funded FREE Bootcamp sessions will consist of:

- Ab work
- Circuits
- Body pump
- Boxercise
- Stretching
- Kettlercise
- Running
- Aerobics



Led by **RAM** RAYMOND ANTHONY MOUZON
RAM FITNESS UK
BODY TRANSFORMATION

1. Wednesday 27th July 5pm – 6pm
2. Wednesday 3rd August 5pm – 6pm
3. Wednesday 10th August 5pm – 6pm
4. Wednesday 17th August 5pm – 6pm
5. Wednesday 24th August 5pm – 6pm

Register here
to **ATTEND**

Scan me



The FREE Bootcamp sessions are open exclusively to Bracknell BID area workers only.

You can sign up for as many as you like. For more information, please visit: www.bracknellbid.co.uk