



**Bracknell
BID**

The Personal-Trainer-Led sessions are available to those wishing to get fit.



FREE 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
- Body pump
- Stretching
- Running
- Circuits
- Boxercise
- Kettlercise
- Aerobics



Led by **RAM** RAYMOND ANTHONY MOUZON
RAM FITNESSUK
BODY TRANSFORMATION

- | | |
|--|-----------|
| 4. Wednesday 17 th August | 5pm – 6pm |
| 5. Wednesday 24 th August | 5pm – 6pm |
| 6. Wednesday 31 st August | 5pm – 6pm |
| 7. Wednesday 7 th September | 5pm – 6pm |
| 8. Wednesday 14 th September | 5pm – 6pm |
| 9. Wednesday 21 st September | 5pm – 6pm |
| 10. Wednesday 28 th September | 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