



**Bracknell
BID**

FREE Bootcamp Sessions

The Personal-Trainer-Led sessions are available to BID area workers wishing to get fit.



329 Bracknell, Doncastle Road RG12 8PE

Free Parking and bathroom facilities available.

Every Wednesday 5pm - 6pm

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 FITNESS UK
BODY TRANSFORMATION

To see the available dates and how you can sign up to each session, please see page 2





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The BID funded Bootcamp Sessions will be released monthly for BID area workers to sign up. To see current availability, scan the QR code.

Register here
to **ATTEND**

Scan me



October

Wednesday, October 5th, 2022 5pm – 6pm
Wednesday, October 12th, 2022 5pm – 6pm
Wednesday, October 19th, 2022 5pm – 6pm
Wednesday, October 26th, 2022 5pm – 6pm

January

Wednesday, January 4th, 2023 5pm – 6pm
Wednesday, January 11th, 2023 5pm – 6pm
Wednesday, January 18th, 2023 5pm – 6pm
Wednesday, January 25th, 2023 5pm – 6pm

November

Wednesday, November 2nd, 2022 5pm – 6pm
Wednesday, November 9th, 2022 5pm – 6pm
Wednesday, November 16th, 2022 5pm – 6pm
Wednesday, November 23rd, 2022 5pm – 6pm
Wednesday, November 30th, 2022 5pm – 6pm

February

Wednesday, February 1st, 2023 5pm – 6pm
Wednesday, February 8th, 2023 5pm – 6pm
Wednesday, February 15th, 2023 5pm – 6pm
Wednesday, February 22nd, 2023 5pm – 6pm

December

Wednesday, December 7th, 2022 5pm – 6pm
Wednesday, December 14th, 2022 5pm – 6pm
Wednesday, December 21st, 2022 5pm – 6pm

March

Wednesday, March 1st, 2023 5pm – 6pm
Wednesday, March 8th, 2023 5pm – 6pm
Wednesday, March 15th, 2023 5pm – 6pm
Wednesday, March 22nd, 2023 5pm – 6pm
Wednesday, March 29th, 2023 5pm – 6pm

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