

# Soccer Experience PENANG



## SHARON'S BOOT CAMP

Great Activities for Men & Women!!



**4 WEEK PROGRAMME,  
TWICE A WEEK,  
1 HOUR SESSIONS.**

**(Circuit Training)  
TUESDAY & THURSDAY  
8.30am - 9.30am**

**RM150 for 4 weeks  
including a boot camp  
T-Shirt**

- Get a jump start on a new fitness routine.
- Get a head-to-toe workout in just one hour.
- Be challenged and pushed harder than you would be on your own.
- Receive motivation to finally stick with a fitness program.
- Get a great workout without going to "the gym".

*\* Please bring water bottle and towel*

**RESERVE YOUR SPOT NOW!!**

**For details, please contact SHARON at 016-4948767.**

**Sign Up Form and payment must be completed prior to commencement date**