

8 Week Rapid Results Bootcamp

If you're serious about transforming your body and want results that actually show, this is your chance. Building on the success of the new year bootcamp, our 8 Week Rapid Results Bootcamp is built for people who want fast, effective, and sustainable weight loss guided by a personal trainer who has already helped over 300 clients achieve real, measurable change.

This is not a crowded class. It's a high accountability, small group programme, designed to give you the focus, structure, and support you need to succeed.

What's included:

- Targeted fat loss training designed to accelerate results
- Strength and conditioning sessions to boost metabolism and build confidence
 - Bi-weekly check ins to keep you progressing
 - Nutrition advice that fits your lifestyle
- Two exclusive classes every Monday and Wednesday 6:30pm
 - A capped group of just 5 people for maximum attention
- Personalised guidance - no one size fits all approach to training

Choose from 3 tailored packages

Select the package that best suits your goals, your schedule, and your preferred level of support. Whether you want a solid foundation, a more intensive approach, or an all in transformation, there's an option designed for you. Bootcamp packages are available to view in the next page. If you're unsure which package fits best, you're welcome to reach out and the team will help guide you.

8 Week Rapid Results Bootcamp Price Sheet

Goal Consultation
Guided Programme
2 Exclusive Classes Per week
Assistance of a dedicated personal trainer throughout the camp
Bi- Weekly Measurement Checks
Nutritional advice

Members: £160
Non-Members: £250
(Discounted membership to gym included)

Goal Consultation
Guided Programme
2 Exclusive Classes Per week
Assistance of a dedicated personal trainer throughout the camp
Bi- Weekly Measurement Checks
Nutritional advice
Good eating guide PDF
1 Personal Training Session per week (30 or 45mins option)

Members: £350
Non-Members: £440
(Discounted membership to gym included)

Goal Consultation
Guided Programme
2 Exclusive Classes Per week
Assistance of a dedicated trainer throughout the camp
Bi- Weekly Measurement Checks
Nutritional advice
Good eating guide PDF
Weekly Diet and Training
Feedback reviews
2 Personal Training Session per week (30 or 45mins option)

Members: £600
Non-Members: £680
(Discounted membership to gym included)