

# SOS FITNESS



## MILITARY FITNESS BOOTCAMPS – HELENSBURGH

Adult Class times are as follows:

<u>Date</u>	<u>Time</u>	<u>Venue</u>	<u>Price</u>
Monday 13th Feb	1900-2000	Kidston Car Park	£5.00
Sat 18th Feb	1000-1100	Kidston Car Park	£5.00

Also coming in March kids bootcamps at Hermitage Primary School gym hall

<u>Date</u>	<u>Time</u>	<u>Venue</u>	<u>Age</u>	<u>Price</u>
Wed 14th Mar	1800-1900	Hermitage Primary	7-12yrs	£5.00
Wed 14th Mar	1900-2000	Hermitage Primary	13+	£5.00

The adult classes will all start and finish at Kidston Car Park on Helensburgh sea front. Classes are open to all fitness levels and individuals will be placed into different bibs white(beginner), orange(intermediate) and black(advanced).

All classes will be taken by qualified Military PT instructors, making the class full of Grit and fun.

For further details contact Steve Losh 07951229752 or Steve O'Neil 07891102191.