

BUSHIDO BOOT CAMP

YOUR VIRTUAL DOJO

Bushido Boot Camps are Non Military and have been developed to help workout, motivate and educate all those interested in Health Improvement.

We Have taken the Martial out to Emphasise the Art.

The Boot Camps draw on a wide range Martial Arts and Fitness Training to provide a cohesive programme suitable for most people.

FUN and Functional and is designed to give your system a **Boost!** **Also to** help you achieve your desired goals and independence from the fashions and fads related to many fitness programmes, with a uniqueness that is challenging but achievable.

TERRY HUGHES TRAINER EXTRAORDINARY DEVELOPED THE CONCEPT TO EMPHASISE THE HEALTH BENEFITS ASSOCIATED WITH MARTIAL ARTS AND BODYWEIGHT CONDITIONING..

THE BOOT CAMPS ARE PROVING VERY POPULAR THEY ARE COST EFFECTIVE INFORMATIVE AND FUN

OFFERING A WIDE RANGE OF TOPICS INCLUDING CAPOEIRA, BOXING, TAI CHI, PILATE'S AND MOVEMENT EDUCATION.

“A Great Day I didn't think I was capable of so much”

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Boot Camps 2012



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Mini Boot Camps

Sunday Mornings outdoor Fighting Fit session Boxing Style. Followed by Turbo Charged Walking Fitness Session 9.30 start Riverside Park
Individual Sessions £5.00 Combine Both for £9.00
All equipment provided

Into the Hills

Walking based Fat Burner for all abilities.
Learn to Nordic Walk or Free Walk this day will give your system a BOOST for the NEW year. Also includes elements of Functional Fitness Posture and Flexibility.

Location Evesham (route to be determined)

DATE 29th Febuary 9.30 - 3.00 PM £15.00

DOWN ON THE FARM

Full Day of Fitness Combining Aerobic Activities Strength and Flexibility Work Pilate's and Group Fitness Games.
Followed by Optional Barbie. And following morning Stretch Session

Sat 10 th March 9.30 - 5.00 followed by Barbie Sunday Stretch 9.30 £25.00

CHECK WEB SITE FOR DETAILS Link Below

<http://www.sportdancer.co.uk/bootcamps.html>

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