

# FITNESS **NRG** PT

INFO 6<sup>th</sup> MAY 2013

## BOOTCAMP

The April/May Bootcamp is focusing towards goals. We are now into the last few sessions. From what I have seen you have trained really well. Thanks for all your efforts and hard work. It does take work, **“HARD WORK AND DISCIPLINE”** but the rewards are great!!

I look forward to seeing the end result of the 4 weeks of training  
**“TRAIN HARD EXPECT SUCCESS”**





