



Important changes to
Kellys Fitness Practice
6am Bootcamps
April 2018

Our Bootcamp programmes have been running for ten years, our 10th anniversary of success seems the perfect time upgrade our service. The following changes will come into effect from 1st April 2018.

- Our Bootcamp programme will primarily focus on fat loss, improving cardiorespiratory health, strength and flexibility.
- The cost of a four day week will increase to £120 a month – this includes free assessments, fitness classes, our Running Clinic, tailored recipe packs and free entry into a monthly raffle to win a free month! T&C's apply.
- New participants completing the **four day** week receive a money back guarantee if they do not see results within the first month (only part of the £120 package)– all sessions and assessments must have been completed to validate this offer
- Introducing a **3 day** week for £99 a month – any 3 days per week between Mon-Thurs. **NO EXTRAS**
- Introducing a **2 day** week for £80 a month – any 2 days per week between Mon-Thurs. **NO EXTRAS**
- Any **four day** camper suffering a strain or injury as a direct result from KFP Bootcamps will receive discounted physiotherapy sessions – our in house therapist will even come to you!

To thank our existing Campers for their continued loyalty, any camper signed up before April 2018 will not be affected by these changes. The only time these changes will apply to you is if you leave KFP Bootcamp for more than four weeks.