

## **DROP** a dress size in **21 DAYS**

“The camps are hard work, but thoroughly enjoyable especially when working out in the sunshine. Everyone is friendly and the guys vary each session so you never know what you’ll be doing. I have started to see results after three weeks both in my body and fitness level.”

“Following an average start improving my fitness I joined Get Fit Guernsey and found that they provide the motivation I needed. They are a great bunch of instructors using varied items of equipment to make it interesting for all. The music’s not bad either!”

“Working out with a group of like minded people who are all there for the same reason is great. There are no posers and everyone is very friendly. Maddy and Andy provide equal amounts of encouragement and pain!! They are professional and really seem to care about the individuals goals and development. The whole experience is so much more enjoyable than endless hours on a treadmill or cross trainer.”

### **IF YOU ARE LOOKING TO DROP A DRESS SIZE FAST THIS PROGRAM IS FOR YOU!**

For just £60 we will give you -

- **A Camp Orientation** where we will explain everything you need to know about the program. During this orientation we will explain exactly how to get the most from the nutrition plan and exactly how our camp workouts run before taking you through a sample camp workout. During the orientation we will screen you for every exercise with our unique movement screen to ensure you perform all exercises safely and they are modified where necessary.
- **Four weeks of fat burning workouts** included in the price are 3 full body fat burning workouts designed specifically to burn fat and boost your metabolism fast. You are entitled to up to 3 workouts per week for the cost of the program.
- **21 Days of Fat Burning Meal Plans** designed by a registered dietician to ensure that you reach your goals as quickly as possible!

**EMAIL - [INFO@GETFITGUERNSEY.COM](mailto:INFO@GETFITGUERNSEY.COM)  
TO RESERVE YOUR SPOT NOW!**