



## Bootcamp

Bootcamp at RAL is an outdoor 40 minute fitness class run by a fully qualified instructor.

Classes take place on the RAL Sports Field on Monday, Wednesday and Friday lunchtime from 12:30 and costs £4 per session. If you purchase a card of 10 classes it is just £35.

This is a very popular activity open to all levels of fitness. Exercises vary, sometimes it's cardio, sometimes weights, sometimes a mixture and sometimes team games are included.



If you would like more information please contact Joe Moxon.