

JOIN NOW

**FAST RESULTS
QUALIFIED TRAINERS
TRAIN OUTDOORS**



For further enquiries, please call:

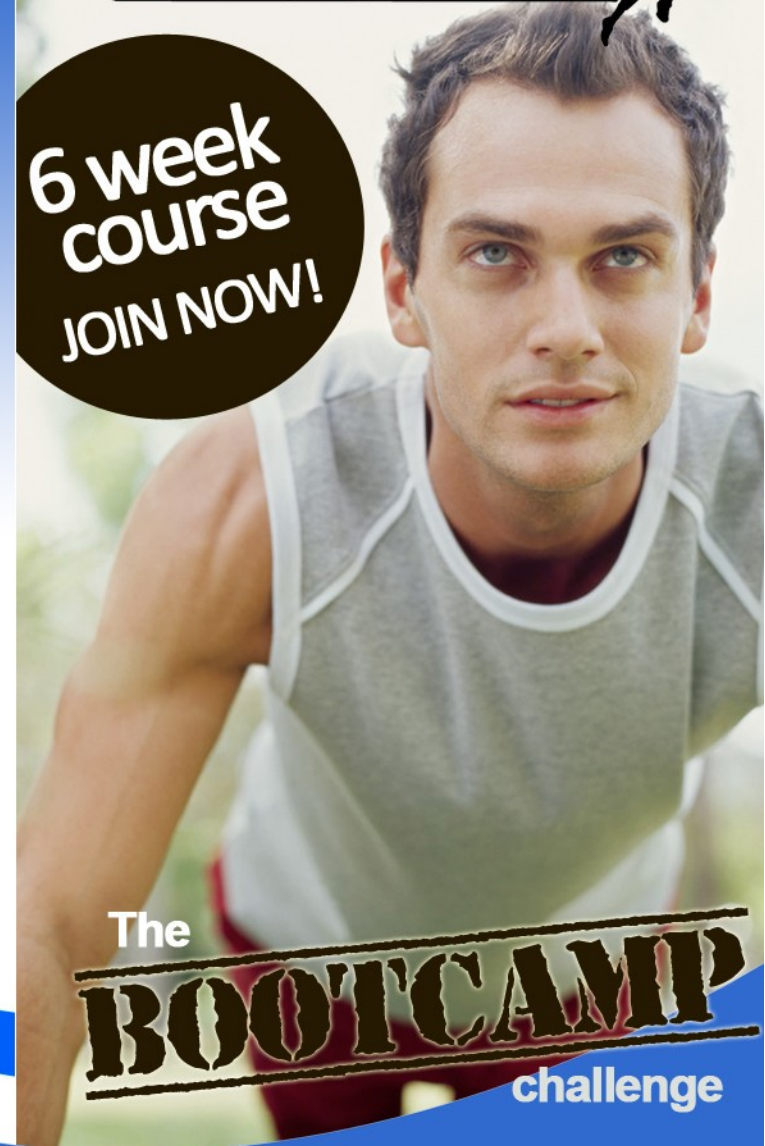
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1-5 Breust Place
Punchbowl NSW 2196

www.runyaway.com.au



**6 week
course
JOIN NOW!**



The
BOOTCAMP
challenge

A military inspired, outdoor group personal training program that uses discipline based motivational techniques.



The Bootcamp challenge

Welcome to Runyaway Bootcamps where the fun begins! It can kick start your mornings and/or re-energise your evenings.

Bootcamp style fitness training is done in teams or squads and involves all participants working together to drive, motivate & challenge both their minds & bodies to their own personal maximum limits & beyond.

Runyaway bootcamps incorporates all forms of activities ranging from tug of war, army style drills, energetic aerobics, plyometrics, running and lifting activities, and the list goes on!!



The

BOOTCAMP

challenge

Bootcamps are a great way to improve any aspect of your health, and will help you achieve your desired goals such as weight loss, muscle tone, increase fitness levels, strength, agility and more!! It targets all angles of health and fulfils any goal that is set out by you!!

Runyaway bootcamp fitness programs are run by fully Qualified Fitness professionals who specialise in bootcamp fitness training, corporate fitness, team building and outdoor group fitness, offering a totally safe, effective and results based fitness session

Apart from physical improvements, bootcamps are a great way to meet new people and improve on social networking and to share similar goals, working together to achieve them.