



EnjoyFIT Boot Camp

Sarah Elgar - Personal Trainer

Get your summer body!

Outdoor circuit style session to burn calories,
tone up & improve cardio fitness.

Come along, get energised and have fun in the
fresh air!

Thriplow Cricket field Wed 9.15am term time,
£7 per session or £5 paid in advance.

All abilities (and babies in prams!) welcome.

Introduce a friend and get a free session!

1-1 PT also available - contact me.

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Get fit, stay fit, EnjoyFIT!

premier
QUALIFIED 


REPs
The Register of
Exercise Professionals