

Make fitness a priority in your life!

Transform your body with Military speed & efficiency with Greg at the Abu Dhabi City Golf Club Fitness Boot camp.

Just like the army, we use group dynamics, positive encouragement and team spirit to motivate you, challenge your limits and achieve new levels of fitness and health. Our boot camp offers a variety of calisthenics, resistance training and cardiovascular exercises to help you reach your fitness goals for 2011.

Join the program for only AED 400.00 for one month (8 sessions), starting at the beginning of every month.



When:

every Sun and Wed
6:00PM-7:00PM

Where:

Abu Dhabi City Golf Club

Duration:

1hr twice a week for four weeks

Cost:

Only **AED 400.00** for the four-week package (8 Sessions) or **AED 70.00** for a one-off drop-in session

See the Abu Dhabi City Golf Club Reception today and sign up - or call Greg for more details at 050 318 67 05 email: gkfit@hotmail.com