

# ADVENTURE BOOT CAMP FOR WOMEN

A unique  
opportunity for  
fitness  
professionals!



**Change the way you work and earn!  
Become an Adventure Boot Camp  
franchisee and take the gym outdoors!**

## About Adventure Boot Camp

Adventure Boot Camp is changing the way women all over South Africa exercise and putting the fun back into getting fit. Specifically designed for women who love the outdoors, meeting new people and who enjoy a varied workout - it's just what every woman needs to get into shape! Camps run from Monday to Friday for one hour a day over four weeks, at beautiful outdoor venues throughout South Africa, all year round. Some of the exercises one can expect include short distance running, rope skipping, abs and core training, Pilates, weights and mat work. Results include weight loss, increased energy, improved fitness levels and a 100% gain in self confidence!

## Change the way you earn

One-on-one training is time consuming and you can only make as much money as there are hours in a day. Adventure Boot Camp offers you a platform to take advantage of your fitness expertise in an exciting format that is less time consuming than personal training, but far more financially rewarding.

## Change the way you work

Starting off as a single camp in 2005, our immediate popularity led to the opening of our first franchised camp in January 2008 and as they say, the rest is history!

We are currently on the lookout for qualified fitness trainers all over South Africa to own their own Adventure Boot Camp branches. You have a unique opportunity to bring this innovative outdoor fitness programme to women in your area, and be part of the growing success of South Africa's most exciting and innovative women's fitness initiative! With constant support; a dedicated team of marketing and administrative staff; a nutrition team, a world-class website and a proven successful business model – your only challenge is to host a fun and exciting camp – and rake in the profits!

## Have you got what it takes?

Are you...

- A qualified fitness trainer?
- Well organised?
- Highly motivated?
- A fan of the great outdoors?
- Seeking flexibility in your day?
- Passionate about helping women achieve their fitness goals?

Yes?

You should seriously consider joining the Adventure Boot Camp family!!

**If you have the desire, the drive and the motivation and are committed to the success of your clients as well as yourself, visit our website for more information and contact us today!**

**Web:** [www.AdventureBootCamp.co.za](http://www.AdventureBootCamp.co.za)

**Email:** [franchise@adventurebootcamp.co.za](mailto:franchise@adventurebootcamp.co.za) **National Head Office:** (021) 671 1741 • 074 111 6606

*With an already well established brand and the model used to run camps carefully structured – franchise applicants are carefully screened to ensure that all new camps will be run with the same passion, enthusiasm and professionalism that has made us the successful brand we are today!*