



**FREE**  
**CLASS VOUCHER**  
**VALUED AT R55**

**ADVENTURE**  
*BOOT CAMP FOR WOMEN*

SA'S FAVOURITE OUTDOOR MOTIVATIONAL  
FITNESS PROGRAMME FOR WOMEN!



You are invited to attend a **FREE ONE HOUR CLASS** at any of our locations. Simply view our calendar, visit our website and find the location and time that suits you best. **Show up with your completed voucher, a towel, water bottle and your exercise gear**, for a guaranteed hour of fun. If you love your class, **sign up for a full four week camp**, which will leave you looking and feeling great!

Name: \_\_\_\_\_ Surname: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_  I agree to the below terms & conditions and confirm I have never attended ABC before.

I state that I have never attended an Adventure Boot Camp (ABC) class before and I agree that my participation in the free class is governed by ABC's standard terms and conditions, including an ABC liability release which can be viewed on ABC's website. I take part in the free class entirely at my own risk and warrant that I am fit and healthy enough to do strenuous exercise and that ABC, its controllers and instructors are not liable for any loss or damage to my property, any injury or disability or death that may result in my participating in this programme.



# 2017 CAMP CALENDAR

CAMP 1	CAMP 2	CAMP 3	CAMP 4	CAMP 5	CAMP 6	CAMP 7	CAMP 8	CAMP 9	CAMP 10	CAMP 11
09/01 03/01	06/02 03/03	13/03 07/04	18/04 12/05	15/05 09/06	19/06 14/07	17/07 11/08	21/08 15/09	26/09 20/10	23/10 17/11	20/11 15/12

☎ 021 447 2746 / 082 567 2267

f /adventurebootcamps

🐦 @abcbootcamper

Find all 50+ locations nationwide at [www.adventurebootcamp.co.za](http://www.adventurebootcamp.co.za)

**SIGN UP. GET FIT. HAVE FUN!**



Women'sHealth

