



Borehamwood 28 Day Body Transformation Challenge

Nutrition, Structure, Support!

Come Exclusively to THE VENUE &

Work with Borehamwood's Top Weight Loss Expert

& Personal Trainer

Danny Fitzpatrick

28 DAY PROGRAMME

To Help Rapidly Lose Weight

And Change Lifestyle

To Be More Healthy

PRIZES

For The Most Successful Participant

To Reward Success!



Starting Monday 5th October 2015



For all enquiries please call:

020 8386 9886

OR

Visit The Venue Reception



| | Monday 20:00-21:00 | Wednesday 20:00-20:45 | Saturday 09:00-10:00 |
|---------------|--|--|--|
| Week 1 | Seminar Nutrition Advice/ Open Forum/Pictures | Practical One Circuits (Varied and Adaptable) | Seminar HIIT |
| Week 2 | Practical One Body Weight Program | Practical Two HIIT | Seminar Keeping Active Indoors/Open Forum/Pictures |
| Week 3 | Program One HIIT | Practical Two Circuits (Varied and Adaptable) | Seminar Benefits of Physical Activity/ Open Forum/ Pictures |
| Week 4 | Practical One Circuits (Varied and Adaptable) | Practical Two HIIT | Seminar Smoking and Alcohol Cessation/ Open Forum/Pictures/ Celebration and Award Session |