

- [Kesgrave Community Website](#)
- [A-Z](#)
- [Clubs](#)
- [Club Timetable](#)
- [Venue Timetable](#)
- Details

Kay Fletcher Fitness - Bootcamp

Saturday: 08:30–09:30

Kay Fletcher FITNESS

Introduction

Bootcamp with optional clean eating plan. Course must be pre-booked.

A fantastic opportunity to Burn Calories, Burn Fat and get Fitter – all in the great outdoors (indoors during the winter season)!

Increase of muscle tone and lose weight!

Great for those of you who like to have the motivation of a personal trainer but who prefer to work in small social groups. If you really want to achieve your fitness goals then Bootcamp is for you!

Location

-  **Sports Hall, Kesgrave High School, Main Road, Kesgrave IP5 2PB**

Contact

-

 **Kay Fletcher**

•  **(01473) 613397**

•  info@kayfletcherfitness.com

•  [@KayFletcherFitness](https://www.facebook.com/KayFletcherFitness)

•  [#KayFletcherFit](https://twitter.com/KayFletcherFit)

•  www.kayfletcherfitness.com

Last updated: 23 July 2021

Location: Kesgrave High School - IP5 2PB