“Fill Your Boots”

MUS BOOT CAMP

- 8 weeks -

Dates:
1 September – 24 October

Sessions:
3 per week

Session Times:
Mondays 6:30am - 7:30am
Wednesdays 6:30pm – 7:30pm
Fridays 6:30am - 7:30am

Price:
$320 (Members)
$352 (Non Members)

Price includes:
• 3 x 1 hour fully supervised & motivated group sessions per week
• Boot Camp T-Shirt
• MUS Cap
• MUS Water Bottle
• Nutritional Advice & Samples

Enlist at Reception!
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FAQ

What am I entitled to with the cost?
Sessions will be run 3 times a week (Mon am, Wed pm, Fri am). If you know you will routinely come to certain days please book yourself in for those sessions. Some weeks you may be able to attend more or less then originally expressed. At this point we ask that you contact reception or let your trainers know. We’d love to see you 3 times a week!

How long does the camp go for?
The Boot Camp runs for 8 weeks. The first and final sessions will be a fitness assessment to measure your initial and then boot camp improved fitness components.

What does it cost?
For MUS gym members: $320 for 8 weeks
For non-members: $352 for 8 weeks
This cost includes the pre and post testing of fitness, MUS Boot Camp Uniform and MUS Hat, nutritional advice and samples.

Do I need to be fit?
No. We cater for all fitness levels. The initial fitness assessment helps our qualified trainers and exercise physiologists to prescribe and progress your exercise with in the group environment. All you need to be is willing to give it a good go and be on time!

Will I be yelled at?
The only yelling will be encouragement. The philosophy of MUS Boot Camp is to provide a measured challenge to improve and support our campers in stepping outside their comfort zone and meet personal challenges.

How Do I enlist?
Chat to the friendly receptionists at the Sports Centre or Beurepaire Centre (Gym) to book your space as places are limited. For further enquiries please contact Unna or Haydn on 8344 5642.