

Shenda Falvey

Personal Training & Bootcamps

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**Free fitness
class for EVERY
READER!** ...page 9



FREE FITNESS TASTER FOR EVERY GT READER

GT has a special offer for every reader to get a **FREE** one-hour bootcamp session, courtesy of **Shenda Falvey Personal Training and Bootcamps**.

And one lucky reader has the chance to win a month-long course of 12 morning bootcamp classes, (three per week). Bootcamps take place at Greenwich Peninsula's Central Park on Tuesday, Wednesday, Friday and Saturday mornings between 9.30 - 10.30am and also Monday and Wednesday evenings at 7.30 - 8.30pm. To book your **FREE** session or for more information about bootcamps, directions,

prices or personal training options visit the website or contact Shenda at www.shendafalveypersonaltraining.com, email shenda@shendafalveypersonaltraining.com or call or text on 07887 727 335

Terms & Conditions:

Prize is a consecutive four-week course of three bootcamps per week, taking place on a Tuesday, Wednesday and Friday between 9.30 - 10.30am. Course must be completed by May 31 2012. Free session must be pre-booked, taken by April 30 and are subject to availability

WIN WIN WIN!

TO be in with a chance of winning a whole month of bootcamp training just answer this simple question:
Where do the bootcamp sessions take place?

Email answer to greenwichcompetitions@greenwich.gov.uk or send postcard to 'GT Boot Camp', Woolwich Centre, SE18 6HQ. Closes on March 29.

