



LAURA GEBBING


Personal Trainer / Bootcamps


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Want to start working out & feeling great but are a little intimidated by the big gyms?

If you're not sure what to do & just want to start feeling fit & healthy as well having fun while doing it. Come and try out a session with Laura Gebbing Bootcamps! Not only do I have indoor & outdoor facilities, it is for anyone at any fitness level. If you're a beginner just wanting to start out or you're already at the gym but need a little more motivation to keep going, maybe a little something different in your routine?!

THEN THIS IS PERFECT FOR YOU!

 lg.training@outlook.com

 Laura Gebbing Bootcamps

 @lauragebbling_fitness

Moorebark East
Primary School
Tues & Thurs nights
6.15 - 7.15 p.m

Moorebark
College 186
Manchester rd
8.30 - 9.30 a.m

\$10
per session

*Mention this flyer
& receive a free
bootcamp session*