



**BLITZFIT**  
AUSTRALIA

CHERMSIDE/ASPLEY

GET FIT • STAY FIT

# BLITZFIT AUSTRALIA MEMBER TESTIMONIAL

## Amanda

Hi, I'm Amanda! I'm a single mum and I work full-time. I have been doing bootcamp with Kath and Emma for about 6 months now and I love it.

I tried doing the whole going to the gym thing but it was hard to coordinate doing a class (I prefer group training) with the crèche at the gym. There were limited classes and the crèche was only open at certain times, so I was only ever able to go twice a week if that. Now I don't have to worry because my son comes to bootcamp with me and he loves coming just as much as I do.

The first time I came to bootcamp everyone was so welcoming and made me feel like I had been there for ages. Since starting, I now have more energy, I sleep better and I feel much better in myself. I have no trouble staying motivated because at bootcamp everyone is so encouraging and hard work and improvements are recognised. Every session is different and sometimes on special occasions we play fitness inspired games, so no chance of getting bored. I am only able to do the night sessions during the week and the Saturday morning but there are so many options with these it's so easy to find the time to come along. I find that being a little organised makes a huge difference, and bootcamp becomes part of the routine.



Come along and give it a go. The girls always offer alternative exercises and ease you into the sessions so you never feel like you are too unfit to join in. I look forward to going to bootcamp whenever I can; I always laugh and look forward to whatever challenge the girls can come up with.



[WWW.BLITZFITAUSTRALIA.COM.AU](http://WWW.BLITZFITAUSTRALIA.COM.AU)