



Rosemary House
 Rosemary Lane
 Flimwell
 Wadhurst
 East Sussex
 TN5 7PT

Tel: 01580 879614
 Fax: 01580 879268

www.arenabootcamps.com
info@arenabootcamps.com

2010 ARENA BOOTCAMPS

Do you want to get fitter and feel better? Are you feeling stressed? Do you enjoy the outdoors? Arena Bootcamps have the answer!

- Ideal for the not so fit, the very unfit and the really quite fit
- Makes a change from the gym
- Suitable for all age groups

Would you like to...

- Achieve weight loss?
- Reach fitness goals?
- Increase stamina?
- Gain self-confidence?
- Push endurance levels?
- Make new friends?

Packed with fun and energising activities Arena Bootcamps are designed to help you build a stronger and fitter body and increase mental agility.

Arena Bootcamps always include Stretching and Warm Up exercises with a mix of circuits.

Bootcamp events can include some of the following:

- Group exercises
- Jogging
- Hill sprints
- Assault course
- Touch rugby
- Volleyball
- Skipping
- Team games
- Kettlebells (as used by the Russian Armed Forces)
- Martial arts
- Mountain biking (3 hours in the 2-day bootcamp)
- Orienteering

HALF DAY BOOTCAMP

Half Day Bootcamps can be run morning, afternoon and in the summer, in the evenings. Timings can be altered by prior arrangement.

| Timings | |
|-------------------|---|
| Morning: | 0930 – 1300 hours |
| Afternoon: | 1400 – 1730 hours |
| Evening: | 1730 – 2100 hours in the summer months |

Participants are very welcome to bring a picnic or use the undercover BBQ facilities.

Cost - Arena Half Day Bootcamps cost £45 per head





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FULL DAY BOOTCAMP

Timings: 0930 – 1730 hours

Food and Drink

Arena will provide a light but nutritious meal at lunch time (special dietary requirements can be catered for if given prior notice) plus drinks.

Required Kit

You should bring a complete change of warm waterproof kit and sturdy outdoor trainers plus a complete change of everything. All the activities take place outdoors and you should check the weather beforehand.

Cost - Arena Full Day Bootcamps cost £85 per head



TWO DAY BOOTCAMP

| Timings | |
|-----------|--|
| Day One : | Starting at 0930 hours with overnight camp |
| Day Two : | Ending at 1630 hours |

Food and Drink

Arena will provide 2 x midday light meals plus drinks and 1 x 24 hour ration pack per person.

Required Kit

You should bring 2 complete changes of warm waterproof kit and 2 pairs of sturdy outdoor trainers plus a complete change of everything. All the activities take place outdoors and you should check the weather beforehand. We will provide the tents (2 man) and thin bed roll.

You need to bring:

Sleeping Bag, Washing Kit, Personal belongings, Mountain Bike and Helmet

Cost - Arena Two Day Bootcamps cost £175 per head.

This price does not include the cost of hiring a mountain bike and helmet for those participants who cannot bring their own. The cost of this will be an additional £20 per person.





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When do the Bootcamps run?

Ideally we require a minimum of 10 participants to run the Bootcamps at a time that suits you.

If less than 10, please call **01580 879614** for the dates when we will be combining individuals and small groups.

Where are Arena Bootcamps run from?

We have our own privately owned site. Arena is ideally situated in the heart of South East England on 250 acres overlooking Bewl Water. We are only 21 south of junction 5 M25, 9 miles from Tunbridge Wells and within easy reach of London.

Do I need to be fit?

Arena Bootcamps are designed to be fun and challenging for all levels of fitness. While we will encourage you to push yourself we will not be asking you to do the impossible. There will be plenty of rest and recuperation breaks between activities.

Do I need a Doctor's certificate?

If you have a known medical condition you should check with your doctor beforehand. Otherwise, do what you can within your limits.

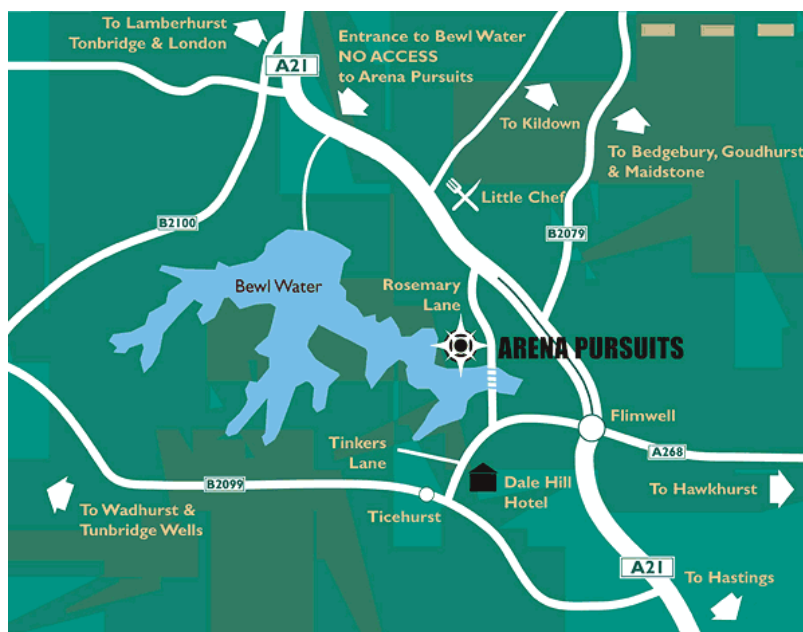
Are there age limitations?

We take people from the ages of 16 up to the high 70's. We can also run Bootcamps for younger groups.

Call **01580 879614** or email info@arenabootcamps.com for details.

How do I book?

Give us a call on **01580 879614** or email info@arenabootcamps.com to check dates and availability. Then complete the booking form and send this, together with your deposit to the address above. We will then send you joining instructions.



For more information please see our website www.arenabootcamps.com
and for our other activities www.arenapursuits.com



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2010 BOOTCAMP BOOKING FORM

Please print clearly in capitals and return to above address

| | |
|--|-----------------|
| NAME | |
| ADDRESS | |
| | |
| POST CODE | TEL - DAY |
| EMAIL ADDRESS | TEL - MOBILE |
| EVENT (Delete as applicable) HALF DAY ONE DAY TWO DAY | DATE OF EVENT |
| | TIME OF EVENT |
| CREDIT/DEBIT CARD NO | TYPE |
| SECURITY CODE (last 3 numbers above signature) | START DATE |
| CHEQUE ENCLOSED AS FULL PAYMENT - £ | EXPIRY DATE |
| RECEIPT REQUIRED – YES/NO (Delete as applicable) | NUMBER IN GROUP |