

Fitness Command Center

Weekend Boot Camps



Next Camp Date 20th & 21st June

Our Mission Statement

- To provide the most gruelling boot camp weekends possible
- To create a memory that will inspire recruits always
- To assist every recruit reach their full potential
- To teach you to believe & succeed

On our Boot Camps we take you out of your comfort zone & show you your strength.

In just 2 days recruits will complete 10 or 11 training sessions each session 1 to 2 hrs duration

Every training session pushes recruits to their limits both physically & mentally

We will show all recruits that they can run, climb mountains & jump off, do push ups, pull, push & carry things, get dirty, work in a team & as an individual, problem solve, over come fears & that even the most timid of spirits has a fighter within.

On Boot Camp recruits learn that they have far more physical ability than they think. We will have you reach your physical & mental potential.

If you would like to see what you are truly capable of then our Boot Camps are for you

Boot Camp Cost \$220p.p - What You Get

- 2 full days of gruelling fitness training, challenges, self development & teamwork
- Accommodation (Cabin, Dormitory style & tent option available)
- Full Fitness Assessment
- All Training sessions & equipment
- Dinghy Hire
- Trust activities
- Food
- Water
- T-Shirt
- Certificate of achievement

Location Next Boot Camp - Maranatha Recreation Camp Yandina

Accommodation 34 beds in 6 rooms plus the Boot Camp building - 18 beds in a large dormitory plus a smaller 13 bed dormitory Yours in Fitness

Typical Camp Itinerary

Saturday Morning - Arrive camp 7am

Can arrive Friday night via prior arrangement (incorporates extra costs)

7.30 Fitness Test including beep or coopers test 1hr
8.45 Morning Tea/Breakfast
9.30 Trust activities & fitness games/challenges 1hr
10.30 Snack Break
11.15am Fighting skills & fitness training 1hr
12.30 Lunch break
2pm Fitness Challenges 1hr
3.15 Afternoon snack break
4pm Mountain hike 1hr
5pm Free time
6.30 Night Adventure/Challenge 1- 2hr
8.00 Bonfire
10.00 Lights Out.....beware possible night time challenge

Sunday morning

5.30 Rise & shine - Mystery training session 1hr
6.45 Breakfast
8.15 Games & fitness challenges/fun 1hr
9.15 Snack Break
9.45 Fighting skills & fitness 1hr
11 High Ropes 2hr
12.30 - 1.130 pm Lunch
1.30pm Commando Circuit 1hr
2.30 - 3pm Clean Dorms (assigned tasks)
3.30 Presentation