

UP Staff Bootcamp Competition

What is it?

If you enjoy high intensity indoor or outdoor activity, bootcamp classes are designed to build strength and fitness through short classes (maximum 1 hour) but intense interval training.

Venue: Hall 3, University of Pretoria Sports Centre

Date: 5 May - 31 May 2014

Times: Mon, Wed and Fridays. 06h00 - 07h00.

Who can participate: All UP Staff and immediate adult family members

Cost: Free for UP Staff. R500 per adult for non-UP staff

For more info and to register, please contact Madeleen Scheepers at Sports Medicine on 012-4206057 // Madeleen.hpc@up.ac.za on or before 20 April 2014.

Get yourself motivated and come join the fun starting 5 May.

Exciting prizes up for grabs!