

# THE BOX BOOTCAMP

FEBRUARY 1ST 2020

9.30AM - 5:00PM

£40 FOR ONE DAY

FITNESS CLASSES, SEMINARS,  
LIGHT LUNCH, Q&A SESSIONS,  
HEALTHY SNACKS, NORDIC SPA

DOES NOT INCLUDE ACCOMMODATION - ASK US ABOUT AVAILABILITY\*

THE BOX HEALTH & FITNESS STUDIO  
KILNWICK PERCY RESORT,  
POCKLINGTON, YORKSHIRE YO42 1UF

01759 303090



THE BOX  
GYM AND SPA

  
Kilnwick Percy  
— RESORT —