

GYMBOW WILD SUMMER RESET

5 Weeks. 15 Sessions. One Incredible Summer.

Whether you're completely new to the gym or already training and looking for extra motivation, our **Wild Summer Reset** is designed for anyone wanting to feel fitter, stronger and healthier before the end of summer.

Led by **Maisie Wild**, this structured 5-week programme combines coached group training, accountability and nutritional guidance to help you stay consistent and get results.

No matter your age, fitness level or experience, we'll support you every step of the way.

What's Included

- ✓ 15 coached group training sessions
 - ✓ Initial body measurements & progress tracking
 - ✓ Welcome pack & goodie bag
 - ✓ Nutrition guidance
 - ✓ Meal planning advice
 - ✓ Weekly accountability check-ins
 - ✓ Private support throughout the programme
 - ✓ Final progress measurements
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Programme Dates

Week 1

Tuesday 11th August (*Extended Welcome Session*)(7pm start)

- Introduction
- Body measurements
- Progress photos (optional)
- Goal setting
- Goodie bags
- First workout

Wednesday 12th August

Thursday 13th August

Week 2

Monday 17th August

Wednesday 19th August

Thursday 20th August

Week 3

Monday 24th August

Tuesday 25th August (*Double Session*)(6:30pm start)

Week 4

Monday 31st August

Wednesday 2nd September

Thursday 3rd September

Week 5

Monday 7th September (7:45pm)

Wednesday 9th September (8:00pm)

Friday 11th September (7:00pm)

Session Times

All sessions begin at **7:30pm** unless stated above.

Pricing

£160 – Non Members

£130 – Current Gymbow Members

Who Is It For?

Perfect if you:

- Have never stepped foot in a gym
- Want to lose body fat
- Want to build confidence
- Need accountability
- Want to improve fitness
- Already train but need structure
- Want to stay motivated through summer

Every workout can be adapted to suit your ability.

Spaces Are Limited

Places are capped to ensure everyone receives personal coaching and support throughout the programme.

Book early to avoid disappointment.