

Achieve your 'summer body' goals at the East Coast Radio and Clicks Summer Body Bootcamp

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If the lockdown snacks have got the better of you and you're only now realising we're weeks away from those "summer body" Instagram posts, never fear, Summer Body Bootcamp is back!



The East Coast Radio and Clicks Summer Body Bootcamp invites *you* to get your body ready for summer at a "Covid-19-friendly" outdoor fitness bootcamp.

Sweat it out with Stacey Norman from ECR's *Drive* show at Chris Saunders Park, Umhlanga, on 28 November 2020.

Last year, ECR launched the very first bootcamp to get you ready for summer - and this year they are taking it up a notch!

All Covid-19 rules and regulations will be followed. Attendees will be screened before the session and allocated a personalised space on the work-out floor. They will also be given a goodie bag containing an ECR-branded mask, sanitiser, and other surprises.

Attendees can look forward to pump and kickboxing classes, a strengthening class, and cool yoga, brought to you by East

Coast Radio *Breakfast* show co-host, Keri Miller.

Tickets are on sale at R80 per person and limited via quicket.co.za.

Remember to pack your yoga mat, sunscreen, and lace up your trainers because working out has never been this fun!

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