

# Multiflex Sports Development

## Multiflex Congleton Parent Boot Camp

**Full Body Circuit for all levels with Kyle Wilding – Level 3  
Personal Trainer.**

**A fun yet challenging session with an experienced personal  
trainer**

**Every Saturday 10-11am on the field  
Eaton Bank Academy  
Jackson Road  
CW12 1NT**

**£5 per session**

**To book on text Kyle 07766107702 or email  
[kylewilding@live.co.uk](mailto:kylewilding@live.co.uk)**

**Facebook - @Kylewildingfitness**