



# G|JANE BOOTCAMP



## She Who Dares Changes

### G.I. JANE BOOTCAMP

is designed to change you both mentally and physically, the aim at G.I. Jane is to inspire women to achieve their personal best by rigorous exercise and healthy eating while having fun! G.I. Jane Bootcamp is designed as a team building program to get their patrons working together and making friends. At the end of your week you will return home with weight & inches lost but friendships and great memories gained. On completion of the Bootcamp your eating habits will have adapted due to the carefully designed diet and nutritional advice, giving you the tools to succeed further in your everyday life.

G.I. Jane Bootcamp is proud to announce their 6th Year bootcamp out in Thailand and it will be their 3rd year at the 'Easy Time Resort' Samui. Clients fly in from all over the world and they have ladies who love it so much they book every year. The camp is not just about health and fitness but is brilliant for your mental health as well. Many clients have genuine life changing experiences with G. I. Jane Bootcamp and when they leave implement positive changes in to their life's.

### Koh Samui

The spectacular location of Koh Samui in Thailand has been chosen for its world-renowned hospitality and outstanding accommodation. You will be accommodated on a private complex; used only by G.I. Jane clients, with its own large swimming pool and just a few steps away from the beach.

All bedrooms have air conditioning and own bathrooms.

#### Your stay will include:

accommodation in a shared room for 7 nights, fully inclusive of all food and beverages, full military training, 7 x 1 hour massages and off-site activities, plus transfers from/ to Koh Samui Airport.

### Cuisine:

All your dietary requirements will be met by our 'on site' Thai Chef; using only fresh produce and locally sourced from the island of Koh Samui. Thai cuisine is extremely healthy; yet very tasty. So be prepared to be impressed by our mouthwatering menu.

### G.I. Jane Promise to You:

Bootcamp Koh Samui will be a unique and exciting experience, with the added knowledge that you will still be trained by our amazing British Military Trainers, who will be flying out, especially for this. The Bootcamp will still have the same rules and regulations and will still be run as a military bootcamp, with the added attraction of the beautiful scenery and sunshine. If you work hard during your time, you will not only drop a dress size, look and feel amazing, you will also have a life changing experience.

All trainers are military trained and are fantastic at encouraging, motivating and inspiring their ladies to get the very best from their time at the camp. They are also brilliant fun and make sure every day is filled joy and laughter.

### About Us

Since their inception in 2008, G. I. Jane's have been honored to help hundreds of ladies of all ages, abilities, shapes and sizes achieve their goal of losing weight; and most importantly keeping it off! Bootcampers leave feeling fit, healthy, revitalized and rejuvenated. G. I. Jane's do not believe in diets and do not claim to be a quick fix. For them it is about training your mind; as well as your body, so you can maintain a healthy life style when you leave camp.

But G.I. Jane's Bootcamp is not just about weight loss; clients come to them for a number of different reasons and how you feel about yourself can affect all aspects of your life. they have helped ladies overcome: low self-esteem, relationship break ups, bereavement and so much more. Think of your time at the Bootcamp being an investment in YOU!

The bootcamp experience is tough not only physically but also mentally but G. I. Jane's fantastic staff and your fellow bootcampers to pull you through you will surprise yourself and achieve things you never thought possible. Although bootcamp is hard it is also designed to be fun, empowering and life changing. G. I. Jane want you to leave not just looking good but feeling good because when you feel good you always look good.

Places are limited to 14 places and a 30% deposit will reserve your place,  
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