

Bootcamp sessions that burn 500cal in an hour

FITNESS

While there's lots of motivation, Shenda's classes are also about having a giggle

Bootcamp training in the heart of a Greenwich ecological area could prove the perfect tonic to a festive period spent in the company of rich food.

Personal trainer Shenda Falvey has been running her five-weekly sessions at Central Park, on the Greenwich Peninsula, for the past three and a half years, building up a loyal band of fitness followers.

The hour-long classes are packed with a variety of cardiovascular activities, abs sessions and some shadow boxing to help participants lose weight and tone up.

The mum-of-two, who swapped a career in PR to study for qualifications in personal training, sports conditioning, boxing and ante and post-natal fitness, promises there'll be no military-style screaming and shouting in store for 2014's bootcamp recruits.

"Most bootcamps aren't really

like that and it really depends on the individual," said Shenda. "When people come to your bootcamp, they are coming for you as a trainer.

"It's about having a bit of a giggle. I am always telling little stories about my life to take everyone's minds off the fact they are working very hard.

"I am interested in the mechanics of the body and am always talking about muscle work. I want people to think about where they should be working - or aching - so there's motivation but no screaming and shouting or getting down in the mud."

Currently, groups of up to 20 take part in the morning sessions, every Wednesday, Friday and Saturday and in evening bootcamps every Monday and Wednesday.

Spotting a gap in the market and hoping to combat any "elitist" perceptions of personal training, Shenda sets her classes at different levels so anyone from beginners to marathon runners can benefit.

"Every session is different," she said. "There's nothing worse than going to a class and it being exactly the same as the last one.

"There will always be a whole body workout and we look to train every muscle so it's always interval training, aiming to burn 500 calories a session.

"Especially with the guys - and sometimes ladies too - there's a large



Above, Shenda Falvey runs bootcamps on Greenwich Peninsula, right and below

amount of competition but it's really fun, friendly competition.

"Ladies find it brilliant and they start competing with the men. It's a nice group dynamic and everyone seems to get on."

Beth Allcock
Go to shendafalveypersonaltraining.com or email shenda@shendafalveypersonaltraining.com.



WIN a month of bootcamps

★ Making your New Years' health and fitness resolutions a reality has just got a whole lot easier.

Shenda Falvey Personal Training and Bootcamps has teamed up with *The Wharf* to offer readers the chance to win a month's course of 12 bootcamp classes - ensuring they are in tip top condition for the rest of 2014.

From unfit beginners to fitness fanatics, these outdoor sessions are fun and motivational with an upbeat group dynamic.

Suitable for men and woman, they offer a complete body workout and are guaranteed to get results fast. Designed to burn fat and improve body shape, they cater for all ages and abilities.

Unlike some other bootcamps, a fully qualified personal trainer plans and delivers each session to ensure participants achieve their goals, and with classes changing daily no muscle is left untrained.

For a chance to win, just answer this simple question: How many bootcamp classes will the winner receive?

- a. 12
- b. 3
- c. 99

To enter go to wharf.co.uk and click the competitions link. You'll need this code **BC001** and be prepared to enter your contact details. By entering you are agreeing to receive *The Wharf* e-edition via email.



Terms and Conditions

- Prize is a consecutive four-week course of three bootcamps per week, taking place on your choice of mornings, evenings or a combination of both.
- Days must remain the same for each week.
- Course must be completed by February 28, 2014.