

tired of boring,  
traditional workouts?



so are we.

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**R**  **GU E**  
**motivation & movement**



- Individual pre and post consultations
- Personalized workouts
- Qualified, certified professional staff with years of experience
- Motivation to help you meet your goals

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RMM Boot Camp indoor/outdoor  
Located in Worcester/Shrewsbury

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being healthy isn't just about  
treadmills and salads.

**time to step out of the box.**

