

Bootcamp at the Botanics in the New Year

Get into shape this New Year at the Botanics Bootcamp breakfast event with Sodexo.

This will be a high intensity eight-week course right in the heart of the Royal Botanic Garden Edinburgh.

Get ready every Saturday during January and February for the 60 minute action packed fitness bootcamp.

Jamie McDonough is the personal trainer who will lead the course which has been designed to use up as many calories as possible after the festive season. Tailored to suit all abilities and fitness levels, the full body workouts will include a number of exercises, such as kettlebells, core training, battle rope challenges and more.

You will be welcomed with a freshly-made drink, giving you a burst of energy before the class and afterwards fitness enthusiasts will be invited to relax and recover with a healthy breakfast in the Gateway Restaurant, while enjoying views of the Garden.

If you work best in a group with others spurring you on or would prefer to partner up with a friend for added motivation, then this could be the ideal Christmas gift to get 2019 started on the right track. The classes will take place between 8.45-9.45am and tickets for the Botanics Bootcamp are available to purchase for just £15 per person, per session or £25 for two people, per session from Eventbrite.



Fraser Sharp, General Manager for Sodexo at the Royal Botanic Garden Edinburgh, said; “When the New Year rolls around people often make resolutions to get fit and start exercising, but don’t know where to start. The Botanics Bootcamp offers the perfect opportunity to not only improve your fitness and lose weight, but to do so in the beautiful surrounds of the Botanics.

“Our chefs have been busy devising the ultimate post-workout breakfast full of nutrients, which will be served in the Gateway to allow participants the chance to relax and get to know one another. With each exercise tailored to the individual, and led by a friendly and experienced personal

trainer, let 2019 be the year you stick to your fitness goals.”