

150 fit fans showed up and showed off at the East Coast Radio Summer Body Bootcamp

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East Coast Radio kick started summer with the 3rd edition of The Summer Body Bootcamp at Chris Saunders Park in Umhlanga on 28 November 2020.



The Covid-19 pandemic pushed some goal posts back and some may even say that the lockdown laziness became a real thing! This years' Summer Body Bootcamp was tailor made to adhere to Covid-19 protocols whilst still making the event enjoyable for everyone.

The event focused on revitalising the body, mind and soul with two hours of upbeat work-out classes, hit music by ECR's J Sbu and tons of laughter and fun hosted by Stacey Norman.

Attendees participated in a Kick and Fitness class hosted by well-known fitness instructors; Xoliswa Nkosi and Angela Smith as well as cool down yoga class by ECR's, Keri Miller.



Three lucky fit fans walked away with fitness vouchers, personal training vouchers from the three instructors and a jam packed ECR hamper filled with all fitness essentials, just for attending and enjoying the morning out on the East Coast.

As the festive season kicks in, ECR hopes that the Summer Body Bootcamp inspired attendees to show summer flames by keeping fit throughout the holidays.

Follow ECR on social media for images of the day and stay tuned for more details on the next Summer Body Bootcamp brought to you by East Coast Radio.

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