

# Love your body with the East Coast Radio Summer Body Bootcamp

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East Coast Radio's Summer Body Bootcamp is back again for another memorable fitness session. Hosted by Drive Show host, Stacey Norman, the two-hour outdoor bootcamp promises to be jam packed with fun workouts, good company, and hit music.



The fifth installment of the popular bootcamp is taking place on Saturday, 26 February, at Chris Saunders Park in Umhlanga.

The theme for this event is 'Love Your Body'. There is no better time to boost your body confidence than in the month of love.

The East Coast Radio Summer Body Bootcamp is all about body positivity and celebrating bodies of all shapes and sizes. Show your body some love with a Kick and HIIT class, a functional core and strength training workout, and a yoga cool down.

Some of KZN's best fitness instructors have been added to the 2022 Summer Body Bootcamp line-up. Yolanda Sokhela will

lead the Kick and HIIT cardio session, while Michelle Strydom takes on the functional core and strength training session. East Coast Radio's very own wellness coach and yogi, Keri Miller, is back again with another yoga session.

East Coast Radio wouldn't be KZN's NO.1 Hit Music Station without providing the best workout playlist to keep participants motivated. There is also an exclusive branded goodie bag for everyone who attends the bootcamp! Grab a friend, pack a yoga mat, towel, and a bottle of water to stay hydrated and leave the rest to the East Coast Radio team.

Strict Covid-19 protocols will be observed. Please remember to bring your mask. Gates open at 7am and classes begin at 8am.

Tickets are available via [ecr.co.za](http://ecr.co.za) for R120.

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