ECR and Clicks Summer Body Bootcamp leaves fitness enthusiasts wanting more

Issued by East Coast Radio

7 Nov 2023

The East Coast Radio & Clicks Summer Body Bootcamp was a success this past Saturday (4 November 2023) as 350 fitness enthusiasts flocked to the event with enthusiasm, making the most of the perfect weather. The instructors, sporting their branded attire, exuded fitness readiness and engaged seamlessly with the attendees, setting the tone for an energetic and invigorating experience. The station's drive show hosts entertained the crowd with Stacey on stage giving out amazing spot prizes, and J Sbu bringing all beats from the deck.

ECR and Clicks Summer Body Bootcamp. Image by Just Capture Media

The event marked a significant milestone for the station with their weekend breakfast show broadcasting live from the venue, amplifying the thrill and energy of the day.

Excitement soared as Clicks hosted a series of engaging activities, featuring activations from The Body Shop and an outdoor massage studio, all of which were met with great interest. Participants were delighted with the array of activities, including those from Telkom and Mc Café. One of the standout highlights was the intense skipping rope competition, where participants showcased their remarkable jumping skills for a chance to win an impressive R5,000 in cash.

ECR Drive co-host Stacey Norman on the far right with instructor

Xoli and Clicks representative

Yoga instructor Kim at the ECR and Clicks Summer Body Bootcamp

The best part was attendees being able to take something home, which was the impressive goodie bag, filled with delightful fitness and beauty essentials.

Overall, the event was a testament to the team's dedication, leaving everyone eagerly anticipating an even larger and more thrilling bootcamp edition in February 2024.

- **Vic Naidoo bids farewell to East Coast Radio to embark on a new journey** 29 Apr 2024
- **East Coast Radio welcomes Mzuvele Mthethwa as new managing director** 16 Apr 2024
- **Empowering business minds at the Mancosa East Coast Radio Business Breakfast** 12 Apr 2024
- **Walk Your Way at the Suncoast East Coast Radio Big Walk** 18 Mar 2024
- **Make moves for your future at the Mancosa East Coast Radio Business Breakfast** 4 Mar 2024

East Coast Radio

East Coast Radio is KwaZulu-Natal's number one; for hit music, for inspiring content, for updated information and for making memories. East Coast Radio is a brand as energetic and vibrant as the people from the East Coast of South Africa.

Profile | News | Contact | Twitter | Facebook | RSS Feed

For more, visit: https://www.bizcommunity.com