

# Get ready for the East Coast Radio and Clicks Summer Body Bootcamp

Issued by [East Coast Radio](#)

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Get ready for a morning of fun workout as you journey to a healthier, fitter you. Join East Coast Radio in partnership with Clicks at the East Coast Radio and Clicks Summer Body Bootcamp on 4 November 2023 at Chris Saunders Park, Umhlanga, KZN.



Experience invigorating outdoor workouts led by fitness experts, and a fun morning with an amazing goodie bag. Your ticket to summer confidence is just a click away.

[Purchase your R125 ticket on Quicket.](#)

For more details and to secure your spot, visit [www.ecr.co.za](http://www.ecr.co.za) or stay tuned to East Coast Radio. Let's make this summer your best one yet!

- ° **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.

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