

Fitness Boot Camp *CHALLENGE*

Our NEW Fitness Boot Camp Challenge is a high intensity strength and cardio program designed to challenge your strength and endurance. It will combine drills, calisthenics, and strength training to increase stamina and maximize calories burned. Even though this is a high intensity class, **people of all ages and fitness levels can participate**. Each participant will not only be challenged by the instructor but also by goals she will set for herself based on a Fitness Test done during the first session. This test will also be done at the end of the session so the participant can see her progress.

NON-MEMBER PRICES

**6 Sessions for \$70
or \$15/Session*****

DATES: February 18, 25, & March 4, 11, 18, 25

Day of Week	Time	Trainer
Monday	4:30 p.m.	Lisa Chow

Minimum # of Participants is 6

(Must 6 participants enrolled in all sessions to proceed with this Boot Camp)

Maximum # of Participants 12

***** Participation in individual sessions is based on availability. Priority is given to those enrolling in all sessions.**

Why consider Fitness Boot Camps...

- **Efficiency** - You can get a whole body strength and cardio workout in a one hour session
- **Will Improve your Strength and Fitness Level** - It pushes you out of your comfort zone with exercises you might not have thought you could do on your own but in a safe environment where the instructor is teaching you the correct way to do them.
- **Motivational** - Exercising with a group of people serious about the program provide built-in motivation.
- **Low Cost** - By sharing the personal trainer, the cost per session is significantly reduce
- **Something Different** - It breaks up the boredom and monotony of the same classes, cardio and weight workouts for a period of time. Find the fun in exercise!
- **Educational** - Most sessions incorporate some fitness, health or nutrition education so you learn as you train
- **Portable** - Many of the exercises nearly anywhere with minimal equipment. You learn new ways to exercise anywhere when you can't be at the gym
- **Interval Training Emphasis**- The nature of the boot camp makes it a perfect way to perform interval training on a regular basis