



FAT BURNING AND KETTLE BELL BOOT CAMPS



"WE ARE READY FOR YOU"

SPRING SESSIONS-Beginning March 5, 2012

Our Fat Burning Boot Camp offers an outdoor/indoor group exercise class that mixes traditional calisthenics and body weight exercises with interval training and strength training. Our workouts are designed in a way that pushes the participants harder than they'd push themselves and, in that way, resembles a military boot camp. We do offer modifications for all fitness levels. With our proven methods of H.I.I.T. -High Intensity Interval Training you will have the chance to lose a dress size or pant size before you know it. **Receive an annual free t-shirt and water bottle.**

Our Kettlebell Boot Camp offers you the change to join the hottest new workout in America today! Burn fat, calories and turn your body into a lean fighting machine by increasing your overall fitness skills and by completing a time efficient workout that combines cardio, strength and flexibility exercises in one hour. **Each client is required to order a weighted kettlebell or bring one to class and receives a free set of wrist bands.**

Boot Camps Offers:

- Fun group environment (10-20 people) with Certified Personal Trainer.
- A clean facility, with A/C and fans with outdoor options (weather permitting only) and showers/towels.
- Orientation - Your first session includes time for completing paperwork, reviewing the class rules and safety guidelines and a basic fitness assessment.
- Warm-up/Cool Down - Each session starts with a 7-10 minute warm up and ends with 5-7 min stretch.
- **Fat Burning Boot Camp Program** - The 45 minute workout includes total body exercises utilizing available equipment, body weight and outdoor environment.
- **Kettlebell Boot Camp Program** - The 45 minute workout includes total body kettlebell exercises utilizing weighted bell and additional body weight exercises.

Location: ConAgra Downtown Campus Building Six Fitness Center
 Start Date: March 5-April 27, 2012
 Meet Time: 6:00-7:00am
 Option One: M-W- **F-Fat Burning Boot Camp**/\$199.00
 Option Two: T & Th-**Kettlebell Boot Camp**/\$149.00-requires kettlebell purchase
 Option Three: M-F-**Commit To Be Fit** -5x per week/\$299.00-Includes free kettlebell
 Trainer: Renee Hardester
 Registration: To complete purchase visit our shopping cart
<https://fitinthecity.myvolo.ca/club/store/store.jsp>

If your program requires a kettlebell please complete registration by February 20 so equipment can be ordered.

Kettlebell Purchase: Send your lb request to renee@fitinthecity.com. Your kettlebell will be brought to your first class and payment for the kettlebell will be collected at your first class. One kettlebell is required. If you would like a 2nd kettle bell please specify on your e-mail. Your kettlebell is yours to keep and you are allowed to store it onsite during your boot camp program.

- \$25.00-20lbs (Beginner Female)
- \$30.00-25lbs (Intermediate Female or Beginner Male)
- \$35.00-30lbs (Intermediate/Advanced Male)

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