



Boot Camp

6.15am Monday, Wednesday & Friday's

31 West Terrace Tumby Bay

4 week program Monday 17th October - Friday 11th November 2011

Register now phone Corey **86881932**

Kick start your fitness and wellbeing with safe, effective and fun workouts.

Absolute beginners welcome. No fitness required.

\$199 3 days per week | Concession Rate | **\$125** 3 days per week



Discount Bonuses

+8% off for existing Yogalates/members/bootcampers if registered & paid by

Thursday 13th October 2011 | +10% off for referring a friend*that joins

Boot camp is a safe, effective and fun workout each session, regardless of your fitness level. Instructors ensure you burn fat while having fun. All instructors hold a nationally accredited personal training certification and have years of experience.

FAQ's

What type of things will we do in boot camp? The type of exercises vary, however, you can expect circuit training, strength training, cardio, spin bike, fitness boxing, hiking, obstacle courses, pilates, yoga stretching and much more.

What if I'm not very physically fit? NOBODY is left behind or asked to complete more than they are capable of doing. Women and men of all ages and abilities are able to participate. The intensity of each day increases slightly, surprise yourself with how much you really are capable of! You will inspire and be inspired by others.

What do I get when I sign up? Aside from the boot camp sessions, you receive a post camp evaluation, a free wrist band and a nutrition/psychology workshop.

What kinds of people participate in boot camp? People just like you! People who need a little push to jump start their fitness and wellness program.

How soon will I see results? Performance improvement can take place in as little as three days. *Visual improvement* can take from two to four weeks depending on your level of effort. It's common to see a boot-camper go down a dress size or two within their first camp. Remember, everyone is different! It's not a competition, so focus on your individual results.

Why should I participate? Participation brings a dramatic improvement in your physical and mental wellbeing. You'll meet great people who share the same drive for attaining a healthier body and mind. With early morning sessions you will have finished your training before the rest of the world has even started! Plus you'll be hundreds of calories ahead of everyone else.

What is the investment cost? Each four week, boot camp has a registration fee of **\$299**. This includes 5 sessions a week and over 20 hours of instruction. Alternatively, boot camp for 4 days a week is \$249 & 3 days is \$199. Receive 10% for referring a friend who registers.

Actual boot camp team results

65% Strength Improvement

85% Balance Improvement

21% Back Flexion Improvement

42% Cardio/Respiratory Function Improvement

*Average percentages

Boot camp motivated me to get back into a regular exercise routine. I enjoyed meeting some new people and getting to know them. I have noticed I now have more energy, a decreased appetite and improved strength. Boot camp challenged me to do things I did not think I could do.

Darlene Wyatt

