

FIT CAMP

FITCAMP IS A PROGRAM REQUIRING...

- a fitness COMMITMENT from you
- 2 Body Composition Measurement Sessions
- 12 Basic Training/Boot Camp Sessions (2 per week)
- BootCamps Tuesdays & Thursdays from 11am - 12pm
- a Required Weekly Workout Program (times vary)

PLUS a FitCamp Workout Log, motivation, accountability and inspiration from your trainer!

THE BIGGEST PERCENT BODYFAT LOSER WINS \$385 BACK!!!

NO EXCUSES ~ NO MAKEUPS ~ LIABILITY RELEASE REQUIRED

FitCamps are TOUGH workouts, geared towards getting 14 people in the best shape they can in a short time.

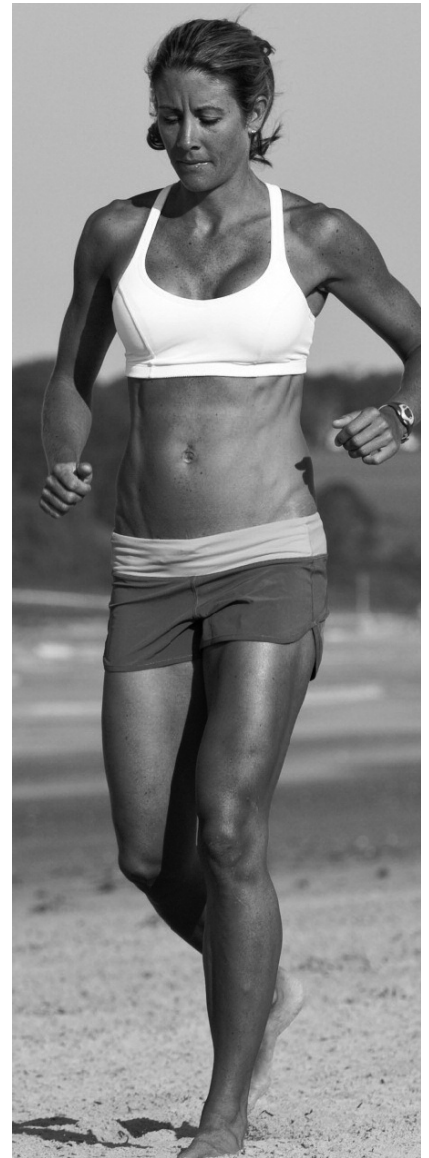
MEETINGS & TIMES

First Meeting & PreTest • Tuesday, September 11 • 11:00-12:30pm

First Bootcamp • Thursday, September 13 • 11:00am

Tuesday's & Thursday's • 11:00-12:00pm
September 11 - October 25

\$400 members / \$550 nonmembers
Max 14pp • Sign-up at the Front Desk



THE
SWIMMING
HOLE

Make this your fittest season ever!

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.