



WHAT IS FITCAMP?

a hardcore bootcamp with proven results

\$385 Swimming Hole Members,

\$535 NonMembers

SEPTEMBER 20TH - NOVEMBER 2ND

FitCamp is a program requiring...

- * a fitness COMMITMENT from you
 - * 2 Body Composition Measurement Sessions
First Camper Meeting and Orientation, Weigh in, Pre Camp photograph and Cardio Pre Test Monday, 9/20 11:00 a.m. - 12:45 p.m.
Pre Program Body Comp Appointments 11:30 a.m. - 12:45 p.m. (your choice of 5 minute appointment time)
PostTests Monday, 11/1 11:00 a.m. - 12:15 p.m., Awards Tuesday, 11/2 from 11:00 a.m. - 12:00 p.m.
 - * 12 Basic Training/Boot Camp Sessions (2 per week)
BootCamps Tuesdays & Thursdays from 11 am - 12 pm
 - * A Required Weekly Workout Program (times vary)
- and includes...**
- * 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. *Results guaranteed if the program is followed *religiously!*

SIGN UP AT THE FRONT DESK TODAY, SPACE LIMITED TO 14 PEOPLE

REGISTRATION DEADLINE 9/15/2010

PRE~TEST APPOINTMENTS

11:30: _____

11:35: _____

11:40: _____

11:45: _____

11:50: _____

11:55: _____

12:00: _____

12:05: _____

12:10: _____

12:15: _____

12:20: _____

12:25: _____

12:30: _____

12:35: _____

12:40: _____

12:45: _____