

Hard Body BOOTCAMP

**Work Hard, Eat Well, Feel Great &
Get Results !**



The toughest workout you have ever done with GREAT results.

All you need is the will to work hard, and if you don't have it, we'll make you work hard anyway.

- *It's all about you! Each BOOTCAMP is designed to challenge you at your own fitness level and to leave you feeling energized and revitalized.*
- *Each BOOTCAMP incorporates strength training, cardiovascular exercise, flexibility, mind-body disciplines, and a nutritional menu guide. The exercise programs change weekly to add new challenges and variety to every workout.*
- *Strength training workouts will integrate equipment such as dumbbells, elastic tubing, suspension systems, partner training, body weight, and even medicine balls.*
- *Cardiovascular workouts include a variety of activities such as running, calisthenics, jumps and obstacle courses. Low-impact modifications are always an option for those with physical limitations.*



Each BOOTCAMP is 4 weeks in length (12 classes).

- BASE CAMP (Novice) April 7-30 Indoors at the CGC (Price only \$160)
- Boot Camp #1 May 3-31 Outdoors
- Boot Camp #2 June 2-28 Outdoors (evening classes begin this month)
- Boot Camp #3 July 5-30 Outdoors
- Boot Camp #4 Aug. 2-27 Outdoors

MORNING SESSION choices: Mon/Wed/Fri

6:00am – 6:45am

EVENING SESSIONS choices: Tues-Wed-Thur

5:15pm - 6:00pm (begin in June)

FEES: Boot Camp \$195.00

Base Camp \$160.00 (must have your own CGC membership)

Want to ENLIST? These are your options:

1. PHONE: Call 633-5245 ext #3 to register.
2. EMAIL: optimum@northwestel.net to receive your registration form.
3. PICK UP a registration form at Better Bodies front desk and return with payment.

* Full payment must be received with all registrations.

Register for 3 BOOTCAMPS and get a 15% discount!

Space is limited and registrations are taken first come-first serve.

OPTIMUM
Health - Fitness - Sport