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FALL REGISTRATION REMINDER...

Mr & MissFIT Bootcamp Four Sessions Available

including our introductory-level South Davis Bootcamp

Our Boot Camp workout is a circuit-style class alternating cardio conditioning with strength training exercises.

What's NEW

- ALL NEW 8:45 am Thursday session- drop the kids off at school and then head over to bootcamp.

... and what's coming up:

Designed for those looking for a new, fun and challenging way to get in better shape.

- Changes coming up for our second Fall sessions (starting the week of 10/26)
 - Evening sessions
 - Morning sessions from 6:00-7:00 am
 - More co-ed sessions

Quick Links

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Available sessions for Fall '09:

Tuesday 6:30 AM: Sept 15 - Oct 20, Tuesday AM, 6:30 - 7:30 am, Arroyo Park, West Davis. Co-ed

Wednesday 6:30 AM: Sept 16 - Oct 21, Wednesday AM, 6:30 - 7:30 am, Montgomery Elementary/Walnut Park, South Davis. Introductory Bootcamp for women.

Thursday 6:30 AM: Sept 17 - Oct 22, Thursday AM, 6:30 - 7:30 am, Arroyo Park, West Davis. Co-ed

Thursday 8:45 AM: Sept 17 - Oct 22, Thursday AM, 8:45 - 9:45 am, Arroyo Park, West Davis. Women's bootcamp

[Register Online today!](#)

classes start next week!



Created with *fun as THE top priority*, MissFit & MrFIT are packed with energizing exercises to help get you through an exercise slump or add new challenges to your current exercise routine.

What Is Bootcamp?

Boot camp workouts are efficient because you work your entire body-- heart and muscles--by going from one exercise to another with no rest. The workouts involve calisthenics like pushups, jumping jacks, crunches and other body weight exercises...the difference lies in the intensity. In boot camp, your challenge is to take your body to its limit. You work, you sweat and, best of all, you burn calories like crazy.

Boot camp workouts are:

- A great way to burn lots of calories.
- Efficient - you work your whole body in a short period of time.
- Fun - each exercise is different so you don't get bored.
- Easy to fit in to a busy schedule - You can do it anywhere with little equipment.
- As challenging as you want them to be.

About Our Bootcamp

Along with numerous health benefits, this energizing & refreshing program is designed to:

- Increase Core Strength
- Increase Flexibility & Range of Motion
- Build Endurance
- Be A High Calorie Burner
- Increase Self Esteem & Self Confidence

Try out our CO-ED BOOTCAMPS: Where many great workouts and relationships begin. These sessions are gaining more popularity and quite frankly are a fun way to break into your morning.



Cost & How to Register

How much does a MissFIT/MrFIT bootcamp session cost?

- \$120/session plus a \$3.99 online registration fee.
- Registration Includes:
 - Before & After Assessments
 - Weekly Fitness Tips
 - MissFIT/MrFIT training t-shirt

How Can I register?

- Register online via our website [{click here to link}](#). We accept credit cards and paypal.
- Registration is limited to 20 athletes per session. Sign up early!

About Our Instructors



The MissFIT & MrFIT Bootcamps will be taught by Lisa Herrington and Jennifer Miramontes.

Collectively, the two women have nearly thirty years of experience as certified personal trainers. The atmosphere for the bootcamp will be encouraging and supportive, while at the same time helping you achieve a new level of fitness.

Our Instructors' bios are posted on our website [{click to link}](#)

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