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**DUE TO POPULAR DEMAND...**

## MissFIT Bootcamp

*has added more sessions to its summer schedule*

*including the introduction of **MrFIT**.... a co-ed bootcamp*

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



### NEW SESSIONS ADDED:

Available sessions for Summer '09:



Session 2a: June 16-July 21, Tuesday AM, 6:30 - 7:30 am, Patwin School, West Davis *(almost sold out)*



Session 2b: June 16-July 21, Tuesday AM, 7:30 - 8:30 am, Patwin School, West Davis **(NEW!)**



Session 2c: **MrFIT** (Co-ed) June 18-July 23, Thursday AM, 6:30-7:30 am, Patwin School, West Davis **(NEW!)**



Session 2c: MissFIT (Co-ed) June 18-July 23, Thursday AM, 6:30-7:30 am, Patwin School, West Davis **(NEW!)**



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

**You Can Still Register for:**

**June 16 - July 21:**

**Session 2a: 6:30-7:30am**

**Session 2b: 7:30-8:30am**

**June 18-July 23:**

**Session 2c: 6:30-7:30am**

**Arroyo Park West  
(Patwin School)  
Davis, CA**

[Register Online today!](#)



We have formed an interest list for a SOUTH DAVIS MissFIT session. If this is something you would be likely to participate in, please let us know by "buying" one ticket (they're free!) for the South Davis MissFIT interest list. The South Davis session would take place at 6:30 am on either Monday or Friday morning at Montgomery Elementary.



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.

#### Quick Links

- [Website Home](#)
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**MissFIT & MrFIT** are designed to encourage and support you while

you experience the enjoyment of using muscles you forgot existed.

Whether you're a beginner, an avid fitness enthusiast or looking for a change in your exercise routine, this whole new approach to exercise may be the perfect fit.

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

At **MissFit & MrFIT**, you won't find military clothes, whistles or screaming trainers. Instead, you'll discover fun and unique exercises that encourage fat loss, develop strength, increase flexibility and improve conditioning.

Above all, we offer a non-competitive environment, camaraderie and the tools to bring out the best in each and every participant.



## 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

For Session 2c, we are excited to introduce **MrFIT**, a **co-ed** bootcamp. This bootcamp is open to both men and women and will take place on Thursday mornings from 6:30-7:30 am at Patwin School.



## Date, Time, Place

- Bootcamp Duration: 6 weeks
- Dates:
  - Session 1 May 5-June 9
  - Session 2a Starts June 16, 6:30am
  - Session 2b Starts June 16, 7:30am
  - Session 2c Starts June 18, 6:30am (MrFIT session - coed)
- Bootcamp Location: Arroyo Park West (Patwin School), Davis

## Cost & How to Register

How much does a MissFIT/MrFIT bootcamp session cost?

- \$120/session plus a \$3 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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