



## REGISTRATION REMINDER...

### Mr & MissFIT Bootcamp Sessions 2a, 2b & 2c Start Next Week

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

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

#### 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, 7:45 - 8:45 am, Patwin School, West Davis

➔ [Session 2c: Mr & Miss FIT \(Co-ed\)](#) June 18-July 23, Thursday AM, 6:30-7:30 am, Patwin School, West Davis (*NEW!*)

[Register Online today!](#)

#### You Can Still Register for:

**June 16 - July 21:**  
**Session 2a: 6:30-7:30am**  
**Session 2b: 7:45-8:45am**

**June 18-July 23:**  
**Session 2c: 6:30-7:30am**

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

➔ 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](#)  
[About](#)  
[Registration](#)  
[Contact Info](#)

#### 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

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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