

You're receiving this email because of your relationship with A Change of Pace Foundation. Please [confirm](#) your continued interest in receiving email from us.

You may [unsubscribe](#) if you no longer wish to receive our emails.



Introducing MissFIT: a six-week bootcamp for women

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

➔ MissFIT is designed to encourage and support you while you experience the enjoyment of using muscles you forgot existed.

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

➔ 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**, MissFit is packed with energizing exercises to help get you through an exercise slump or add new challenges to your current exercise routine.

Two 6 week sessions:
May 5 - June 9
June 16 - July 21

Arroyo Park West
Davis, CA

➔ At MissFit, 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, MissFit offers a non-competitive environment, camaraderie and the tools to bring out the best in each and every participant.



Quick Links

[Website Home](#)
[About](#)
[Registration](#)
[Contact Info](#)

About MissFIT

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

Date, Time, Place

- Bootcamp Duration: 6 weeks
- Dates:
 - Session 1 Starts May 5;
 - Session 2 Starts June 16
- Times: 6:30-7:30 AM, Tuesday mornings
- Meeting Location: Arroyo Park West, Davis

Cost & How to Register

How much does a MissFIT bootcamp session cost?

- \$120/session.
- Registration Includes:
 - Before & After Assessments
 - Weekly Fitness Tips
 - MissFit training t-shirt

How Can I register?

- Register online via our website [{click here to link}](#). We accept credit cards, paypal, or you can mail in a check.
- Registration is limited to 20 women per session. Sign up early!

About Our Instructors



The MissFIT Bootcamp 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 MissFIT 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}](#)

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to jeannine@changeofpace.com by info@changeofpace.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



A Change of Pace | 1260 Lake Blvd., #245 | Davis | CA | 95616