

Mr & MissFIT

~ Try a class for FREE
~ Winter session registration



Mr & MissFIT Bootcamps in Davis are excited to announce the following changes for our Winter 2009 session:

- **FREE BOOTCAMP** session on Tuesday, Oct. 27 at Arroyo Park. Come see what our bootcamp is all about.....on us!
- New Wednesday night session taking place at **Fleet Feet Davis** at 6:15-7:15 pm. All other sessions occur at Arroyo Park/Patwin Elem. in West Davis.
- All sessions are **Indoor/Outdoor** - rain won't stop us!

Dates & Times

FREE SESSION:

Tues. Oct 27, 6:30am - FREE Coed Bootcamp @ Arroyo

6-WEEK SESSIONS:

- Mon., 6:15pm - Coed Bootcamp @ Fleet Feet 11/2-12/7
- Tues., 6:30am - Coed Bootcamp @ Arroyo 11/3-12/8
- Thurs., 6:30am - Coed Bootcamp @ Arroyo 11/5-12/10
- Thurs., 8:45am - Women's Bootcamp @ Arroyo 11/5-12/10

Fees: Each session is \$120.00 plus a \$3.99 online registration fee. Includes a t-shirt, weekly fitness tips and homework.

Drop In sessions are available at \$25.00/session.

All sessions are 1 hour long.

[CLICK HERE TO REGISTER TODAY!](#)

FREE SESSION

Tuesday, Oct. 27
6:30 - 7:30 am
All are welcome!
Please pre-register
[\(click to link\)](#)



Limited to 20

Our bootcamps are limited to 20 people per session. Register & secure your spot today!

What Is Bootcamp?

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.

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.

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

[Read More on our website](#)



Featuring the MVP Band

Our bootcamps feature use of the **MVP Band** for General Fitness, a resistance band used for strengthening your core, arms, and legs.



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 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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