



Start your New Year off with a new, fun and exciting fitness class: Bootcamp! That's right...Bootcamp is designed to help you reach your exercise goals. Whether you're a novice, intermediate or expert when it comes to fitness, Bootcamp will help you start 2010 off with your right foot forward (most likely in a lunge position!). Read on for more details:

Bootcamp is a circuit-style cardio conditioning class that emphasizes strength training along with cardio.

- All sessions are **Indoor/Outdoor** - rain won't stop us!

Many of you have asked, "Can I give the gift of Bootcamp?"

- **You Bet!** You can sign up a friend or spouse as a holiday gift. Simply purchase one "Ticket" for the desired bootcamp date and provide their information (*except for their e-mail address - use yours*). The automatically generated receipt will be emailed to you, and you can present this to them as a gift.

Dates & Times

6-WEEK SESSIONS:
Tues., 6:30am - Coed Bootcamp @ Arroyo 1/5 - 2/9
Thurs., 6:30am - Coed Bootcamp @ Arroyo 1/7 - 2/11
Thurs., 8:45am - Women's Bootcamp @ Arroyo 1/7 - 2/11

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!](#)

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.

ORDER YOURS TODAY!
 The perfect holiday gift.
[Free shipping thru 12/21.](#)



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. Our goal is to introduce you to exercises that do not require anything more than your own body weight.

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](#)

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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