

BOOT CAMP is an incredible adventure that can truly change the way you look at exercise. It is open to ALL - regardless of fitness level, age or size. If you are looking to build lean muscle, drop some pounds, re-shape your body, grow in confidence, start a healthy lifestyle and have a ton of fun, then this boot camp is FOR YOU! You do not need to be in shape to join us. NO ONE GETS LEFT BEHIND!

HOLLYHSUFITNESS BOOT CAMP

2012 WINTER BOOT CAMP DATES/LOCATION:

Sessions will begin on January 17,
2012 and will end on March 3, 2012

TUESDAYS- 4:30 p.m.

THURSDAYS- 6:45 p.m.

SATURDAYS- 9:00 a.m.

**ALL CLASSES AT LONGBRANCH
ELEMENTARY GYM**



**"DROP-IN" RATE IS
\$10.00/CLASS**

WHAT YOU NEED:

2-3 sets of hand weights (example: 8 lb., 10 lb.)
an exercise mat and plenty of water. We do use
resistance bands and jump ropes. You can bring
your own, or I have some for you to borrow at
boot camp

DON'T YOU
DARE GIVE
UP

E-mail HOLLY at hollyhsufitness@yahoo.com or call
859-240-3811 with any questions about BOOT CAMP.
Registration is due immediately. Please make checks
payable to HOLLY HSU.

***Discount available for all Boone County
teachers/staff. Please contact Holly for details!**

COST FOR BOOT CAMPS:

GETTING STARTED: Averages 1 class/
week or 7 classes \$56.00

READY FOR MORE: Averages 2 classes/
week or 14 classes \$98.00

GIVING IT ALL I GOT!: All 3 classes/
week or 21 classes. **BEST DEAL!** \$130.00

***PUNCH CARDS** will be given out at time
of registration to use throughout this
session of BOOT CAMP.

DETAILS OF PUNCH CARD:

-You are responsible for your punch card.
PUNCH CARDS CANNOT BE REPLACED
only repurchased.

-You must have your punch card at **EACH
AND EVERY** boot camp or you must pay at
the door. Your punch card must be
punched at each class you attend.

-This punch card **EXPIRES** at the end of
this session but can be used at **ANY** day
boot camp is offered throughout this
session. **SEE EXPIRATION DATE ON
BOTTOM OF CARD.**

Meal plans will be provided during the session along
with healthy recipes to maximize your results. Success
at weight loss and **TOTAL HEALTH** comes much quicker
when you begin to make healthy eating a
LIFESTYLE...NOT A DIET! FREE weigh-ins available
during the session per request.

***YOU CAN START THIS BOOT CAMP AT ANY
TIME DURING THE SESSION.
DROP-INS ALWAYS WELCOME!**