

2010 Summer Boot Camp Programs

Start Dates	Monday Starts June 7 th	Tuesday Starts June 8 th	Wednesday	Thursday	Friday	Saturday Starts June 26 th	Sunday Starts June 27 th
Morning Programs	6am Weight Loss Boot Camp (B/I) Few Spots Left		6am Weight Loss Boot Camp (B/I) Few Spots Left				9am Tabata Boot Camp (B/I) Few Spots Left
							10am Tabata Boot Camp (B/I) Few Spots Left
Evening Programs	430pm Weight Loss Boot Camp (B/I) Few Spots Left	430pm Weight Loss Boot Camp (B/I) Few Spots Left	430pm Weight Loss Boot Camp (B/I) Few Spots Left	430pm Weight Loss Boot Camp (B/I) Few Spots Left			
Evening Programs	530pm Weight Loss Boot Camp (B/I) Sold Out	530pm Weight Loss Boot Camp (B/I) Sold Out	530pm Weight Loss Boot Camp (B/I) Sold Out	530pm Weight Loss Boot Camp (B/I) Sold Out			
Evening Programs	630pm Weight Loss Boot Camp (B/I) Few Spots Left	630pm Weight Loss Boot Camp (B/I) Sold Out	630pm Weight Loss Boot Camp (B/I) Few Spots Left	630pm Weight Loss Boot Camp (B/I) Sold Out			
Evening Programs	730pm Weight Loss Boot Camp (B/I) Few Spots Left	730pm Weight Loss Boot Camp (B/I) Few Spots Left	730pm Weight Loss Boot Camp (B/I) Few Spots Left	730pm Weight Loss Boot Camp (B/I) Few Spots Left			

Class Descriptions:

Weight Loss Boot Camps – A full 16 week weight loss program (12 weeks for summer program) that focuses on burning fat, toning and reshaping your body. This is a very popular program with a high success rate. Each class has a different focus from core training to total body conditioning. Weight loss boot camps are twice a week, either Mondays/Wednesdays or Tuesday/Thursdays. All Boot Camps are taught in levels so any fitness level can participate in the program.

12 Weeks for summer only \$243.75

- **Monday and Wednesday Summer Boot Camps Begin June 7th**
- **Tuesday and Thursday Summer Boot Camps Begin June 8th**

Tabata Method Boot Camp – What is the Tabata Method Fitness Boot Camp? A popular form of fitness regimen based on a 1996 study^[2] that uses 20 seconds of intense cardio activity followed by 10 seconds of rest, the method is repeated throughout the class. This method has been proven to **stimulate more fat being burned** in a much shorter period of time while improving endurance both anaerobic and aerobic.

What level of fitness can participate? All levels of fitness can participate because exercisers are in control of their intensity. You can be a beginner or very physically fit and both gain benefits from this type of training.

- **Start Date:** Sunday June 27th at 9am
- 10 Week Program
- **Special Customer Appreciation 40% Off! Only \$66 (Regular Price \$110)**

All registration can be made securely online at www.innerfitstudios.com or set up an appointment to talk to our trainers at info@innerfitstudios.com