



T/Th 6-7 am
4 week session @ \$85.00
Led by Jill Turvey, CVPT, CGFI

*"We make a living by what we get, but we make a life by what we give."
- Winston Churchill*

General Boot Camp is over. Now it's time for the next level. Level II F.I.T. Challenge is mental and physical training. Expect it to be rigorous and demanding. It's hard work. Then again, anything worth something usually is. You'll emerge in top physical condition astounded by what you've accomplished so far and ready for the biggest adventure of your life: your first tour of duty.

**We apply our system and train the body the way it was designed
to perform and function in real life.**

This program takes the best of everything and throws out the stuff that doesn't work resulting in the F.I.T. Challenge. F.I.T. Challenge is a strength and condition program designed for everyone from the elite athlete to a beginner who hasn't worked out in years. Led by a member of the U.S. Coast Guard Swim Rescue Team, this program delivers fitness that is, by design, broad, general, and inclusive. Our specialty is not specializing. The principals of F.I.T. Challenge are Monostructural (or Cardio), Gymnastics basics, and Weightlifting. In a F.I.T. Challenge workout

you will see one of those principals, a combination of any two, or all three. Classes are started with a 10-15 minute dynamic warm-up where we do some exercises to get the heart rate up that coordinate to the workout, some skill work, and some dynamic stretching. We then go over form in the movements that will be used that day. We are very strict on form, good form is essential in optimal performance and injury prevention. The workouts are short duration and high in intensity. Each workout is timed and recorded so that we can measure your progress.

F.I.T. Challenge is not a specialized fitness program, but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains. They are Cardiovascular and Respiratory Endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy. As a F.I.T. Challenge member, you will never know the workout until that day. Anyone and everyone can and should participate. The unique training systems of TEAM F.I.T. CAMP and F.I.T. Challenge Level II combine to make undeniable results.

WE ARE NOT A GYM

We want you to show up. If you miss too many classes, your instructor or classmates may give you a rough time. We may even call you to see if everything is okay. For those who are just being lazy, we have been known to show up where you work or live, and workout with you on the spot. Co-workers and spouses are all too willing to help in this endeavor. **Work in the morning? No problem.....we have showers for your convenience at no extra charge.**

DIET AND EXERCISE GO HAND -N- HAND

Daily protein shakes are given to those that show up for camp; no workout, no shake...PERIOD. Our protein supplements are so advanced that it contains over 100 bioactive ingredients designed to give your body the nutrients it needs to pack on muscle while burning off fat. Low carb, sugar & fat, high protein, fiber & vitamins, this meal replacement is the preferred choice of thousands of physicians, personal trainers, coaches and health and fitness professionals.

BOTTOM LINE.....

People of every age and every possible fitness level will come through the experience and get results when everything else has failed

2010 WINTER/EARLY SPRING SESSION INFORMATION:

**CHESTERFIELD/
MACOMB AREA**

**CONCORDE SWIM & FITNESS CENTER w/ Jill Turvey
(M-59; S of Gratiot Ave)**

*** Showers/full locker rooms available for your convenience at no extra charge.**

T/Th from 6-7 am

Session Dates:

January 12-February 4; February 9 - March 4; March 9 - April 1

**** Camp runs every four weeks**

Further discounts: Participants in TEAM F.I.T. CAMP and F.I.T. Challenge also receive 10% off supplement, protein and other fitness classes we offer at any location we host at.

This system allows the average member to achieve their fitness goals very quickly. We advise members to complete basic training through TEAM F.I.T. CAMP prior to F.I.T. Challenge, however, the final decision is of the enrollee.

P.R.I.D.E.

Personal Responsibility In Daily Efforts. When you take care of the small stuff every day, the big stuff will take care of itself. Treat each day as a gift and make yourself better everyday. Attempt to become breathless at least once a day by solid physical training. When you workout with motivating, dynamic Boot Camp exercise, your attitude, self-esteem, personality shine brighter than the shoes you'll be wearing to class. Boot Camp epitomizes how you should live your physical life and gives you exemplary discipline to help your professional and personal life. Take PRIDE in your actions and your life will shine.

You can register for the next session of Level II F.I.T. Challenge today by emailing us at teamfitcorp@yahoo.com

or by calling Jill @ 586-709-2194.