



Team Fit

(boot camp style workout + nutritional supplements = **RESULTS!**)

***F.I.T. CHALLENGE (cross fit method) w/ Todd m-th in Chesterfield Twp. 5:45am-6:45am**

**PM CAMPS: Mon 5:15-6:00pm w/ Jill @ Team Fit
Mon 7:15-8:00pm w/ Jill @ SCS
Wed 7:15-8:00pm w/ Jill @ SCS
Thurs 5:15-6:00pm w/ Jill @ MORC**

**PM OUTDOOR CAMP: 6:30pm-7:30pm ~ t/th June – July w/ Stacie in St. Chair Shores
{contact us to learn more}**

NEW SCHEDULE/PRICING:

**2 day/4 week session \$65.00
3 day/4-week session \$95.00
4 day/4-week session \$120.00**

*All campers will receive punch card worth the number of days they initially registered for.
Contact us for further explanation.*

Begin with a sneak peak of what TEAM F.I.T. is all about. Click on the below link to view our slide show

<http://teamfitcorp.com/video//TEAM%20FIT%20%20BOOT%20CAMP.html>

Stop kidding yourself. Your workout routine is a joke. You've been sleep-walking from machine to machine at your health club for years with little or nothing to show for your investment. Or worse yet, you've cooked up a million excuses as to why you can't work out. Your back is stiff, you're too busy, and you're too old—Come on now, are we that pathetic?

Our classes deliver GUARANTEED RESULTS. After one month, your transformation will be initiated. By month number two, your friends will want to know your secret.

Our class structure is based upon simple yet effective fundamental movement patterns executed at high intensity. These workouts deliver time-tested measurable health and fitness improvements. This technology delivers the most effective broad-based fitness results in the most efficient manner possible. Our dynamic, fun, results-oriented workouts combine resistance training, cardio workouts, plyometrics, core training, functional fitness and flexibility. Let us help you today with your health and fitness training. The ideal setting for this program is the great outdoors. We use natural props and supply additional equipment to enhance the workouts.

Will it be hard?

Yes, but not impossible.

Can I keep up?

Yes. Everyone else here started out just like you.

Whether you want to lose weight, lose inches, get stronger, increase your metabolism, improve your nutrition, or just improve your overall health and fitness, we are committed to providing the right "game-plan" for you to reach your goals. Clients come to us for a myriad of reasons:

- Weight loss
- Improve energy
- Increase metabolism
- Accountability
- Motivation
- Program Design
- Flexibility
- Sports Performance
- Results!!!

El a carte enrollment: If enrollee opts for supplements, a bulk container of whey protein will be provided the first week of camp. This comes in a variety of great flavors to further your results in a shorter period of time. Workouts will vary weekly to keep your muscles challenged and your metabolism high. Contact us for boot camp discounted supplement pricing. This is a great opportunity to feel and look the best you can! Great for both genders looking to rev up their metabolism and see results that last.

Additional Qs/As:

What if I'm not very physically fit?

NOBODY will be left behind or asked to complete more than they are

capable of safely doing. Nor will anybody go home unchallenged! Men and women of all ages and abilities are welcome to participate. Each day will be a new challenge and will progressively increase in intensity. You will inspire and be inspired by others.

How often will we meet?

We have changed up the enrollment options for the 5:45am camps to meet everyone's needs and schedules. Jill Turvey offers TEAM FIT CAMP on Monday and Wednesday mornings, Todd Limback's FIT CHALLENGE (cross fit method) on Monday, Tuesday, Wednesday and Thursday mornings. Depending on your schedule and your fitness needs, participants can now select how many times a week and what program(s) to enroll in and attend. Upon registering, participants will receive a punch card that will need to be brought in every morning attending. If you register for 4 days a week for the 4 week session, your punch card will reflect a total of 16 punches that can be used for the TEAM FIT CAMP (am and pm) as well as the FIT CHALLENGE during the designated 4 wk session period. Punch cards do not overlap session to session so please be sure to "use" all of the punches or they will be terminated.

When does the next session of boot camps start?

The next camp sessions are listed in our schedules and brochures. Please see the Group Fitness page on web site or contact us for dates.

What do I need to bring?

For both the TEAM FIT CAMP and FIT CHALLENGE, the following is needed by each camper:

A POSITIVE ATTITUDE!

water bottle

face towel

running shoes

fitness attire suitable for outdoors

fitness mat/towel

set of hand held weights (nothing less than 5lb.)

Now is the time to make fitness a priority!

<SUMMER OUTDOOR SESSION DETAILS BELOW>

To get you physically prepared for the next session of OUTDOOR BOOT CAMP, here are a few simple things that you can do to get ready. The key to staying warm when training outside is staying DRY!!! Proper attire will become essential for a beneficial training session. Here are a few rules:

Try to dress in layers.

Gloves or mittens for the hands and a knit/synthetic cap are a must for retaining heat and provide easy ventilation when needed. Socks can be bought with the same lining protection.

Bring a warm dry sweater or sweat shirt that you can wear after the workout.

A towel can come in handy to keep your car dry.

TEAM FIT CLASS CANCELEATION POLICY: If Camp is canceled due to weather conditions, a text message will be sent out to you that morning a makeup will be scheduled accordingly (please make sure we have your current cell number for this purpose). OR, you can also opt to join in on another camp that morning.

What can I achieve from camp?

Your body will become more fit and toned, and your cardiovascular endurance will dramatically improve. You will gain more confidence making improvements in your physical well-being. The camp program includes exercises designed to firm your muscles, flatten your stomach, reduce body fat and increase stamina. By losing fat and gaining muscle, you'll lose inches and gain strength while looking and feeling better. You will meet great people who share in the same vision of striving to reach their goals for a healthier mind and body. You will gain valuable incite on how to make exercise and healthy eating a permanent and enjoyable part of your life.

Why should I participate?

You will make a dramatic improvement in your physical and mental well-being. In addition, you will meet great people who share your same passion for acquiring a more healthy body and mind. You will be finished with your exercise routine before the rest of the world has even gotten started! This is the absolute best way to start your day. When you follow camp with a healthy meal and hot shower, you will feel unstoppable. This camp goes so much further than the 5 – 10 pounds you will lose. The effects reach into all area's of your life as you begin to love the reflection that stares back at you in the mirror, reclaim your life and feel better than you have in years!

What is the difference between group fitness classes and TEAM FIT CAMP?

The class combines resistance training, cardiovascular training, and sport specific drills with chanting and loads of fun! Our Boot Camp style class is

a great way to increase strength, boost aerobic capacity, improve flexibility, lose weight, and break through plateaus! We look forward to working with you to reach your goals. Boot Camp is a demanding program, and one in whose results we take extreme pride. We have high expectations for our participants and we go the extra mile to make sure that you are another Boot Camp success. These are important components to every Boot Camp:

COURAGE: It takes courage to start an exercise program. It takes even more courage to engage in a Boot Camp Fitness class. Overcoming challenges, crawling under obstacles, leaping over fences, running through water, and just having the heart to finish. Boot Camp is designed to push you further than you would yourself and to find out what you're made of.

COMMITMENT: Once you start a program, it takes a ton of commitment to get results. This is where Boot Camp helps you out. If you want to be good at something, "you've got to work for it, you've got to sweat for it, you've got to bleed for it, and you've got to want it." All Boot Camp classes demand that you commit yourself 100% to doing your best. Wait until you see the results!

DISCIPLINE: It takes discipline to be successful. Boot Camp provides a game plan for success in your physical fitness, mental toughness, and emotional well-being. Topics such as fitness, nutrition and stress reduction are all integrated into Boot Camp. It takes 21 days to create a habit. Boot Camp will help you change your habits and your life!

EFFORT: We're looking for 100% effort. If you're not willing to provide it, we'll get it out of you. Come ready to play and good things will happen. Boot Camp's positive, motivating environment will provide the backdrop for you to expend every ounce of effort you have. Plus, you're going to need it to get up 80 knuckle squats, complete a "recon mission" given by your trainer, complete a shuttle run in a pre-determined time, or to do "dirty dogs" or arm haulers until I hear everyone counting!

TEAMWORK: There is no "I" in team. There is no "me". It doesn't matter whether you are first in a group or last in a group. It is all about unity and teamwork. Carrying a raft above your head. Carrying a log on your shoulders. Leap-frogging over your entire team. Tracker tire pulls. Kettle bell swings. Relay races. You are as strong as your weakest link. Emphasis is on encouraging all Campers to finish. We don't care if you're first or last - Boot Camp will help you to be your best and to be a strong link on your team.

CAMARADERIE: There is nothing like the exhilaration of accomplishing a task together. When you sweat, bleed, and laugh together, it builds camaraderie. When you can lean on your partner and trust that he or she is giving it their all, a bond develops that can't be broken. Boot Camp

builds camaraderie and the Boot Campers just love it.

SWEAT: Jump Squats, 8 count body builders, flutter kicks, skater plyos, high knee runs, sprints, dive bomber pushups, butt-kicks, mountain climbers, and the list goes on and on. You bet your bottom dollar you're going to sweat. You're going to sweat like never before. You will be pushed to your max and you will love every minute of it. There are no short cuts. If you want something in life, you've got to work for it. You will work for it in this program and you will love the results!

MOTIVATION: Do you have a problem getting motivated? Do you have a problem staying motivated? Do you get bored with your workouts? This class will wake up your body, mind, and soul and change around your entire routine. Chanting, running in cadence, and a ton of spirit and energy fill this action packed class. Boot Camp is the ultimate in motivating you to new levels.

DEDICATION: Do you have what it takes to be a champion? A champion is someone who works extremely hard to tap out his or her gene pool. A champion has heart. A champion overcomes challenges. If you are lazy, don't work hard on your own, eat poorly, and need help re-dedicating yourself, Boot Camp will inspire and motivate you to get back in gear. Play like a champion...finish like a pro!

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. 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 weight training. In a F.I.T. Challenge workout you will see one of those principals, a combination of any two, or all three.

What is the cost (investment in your health)?

Based on the number of mornings you register for, below is the guideline and price break down which covers hours of instruction, all-natural daily protein shakes/supplements (if applicable), weekly healthy snacks and daily text messages giving you tips and inspiration!

Join ANY 2 mornings/evenings for \$65.00

Join ANY 3 mornings/evenings for \$95.00

Join ANY 4 mornings/evenings for \$120.00

*All campers will receive punch card worth the number of days they initially registered for.
Contact us for further explanation.*

Where else can you get premiere or cutting edge fitness instruction for that incredible price? You truly can not put a price on your health, self esteem and the confidence you will gain from TEAM F.I.T. Boot Camp. If

you look at what you will save in medical bills down the road or having to buy larger size clothing or lost opportunities due to your health, for less than \$10 an hour of empowerment is priceless! Sorry, drop ins, punch cards and make ups are not accepted in TEAM F.I.T. CAMP.

What other things do I need to know about TEAM F.I.T. Camp?

Every day is different! Challenge by choice is what we let all "campers" strive for and understand. We push you to things YOU believed were impossible to accomplish in the past. Positive encouragement is evident throughout each and every morning.

Call now for sign up information!
(586) 709-2194 or directly on our web site
www.teamfitcorp.com

1,2,3.....BOOT CAMP!