

TEAM F.I.T. CAMP

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

3 day/4-week session \$120.00

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!!!

You will begin your session by getting weighed in and measured. A daily dietary journal will be distributed for logging in *everything* you intake. Tools and guidelines will be shared to make your journey successful and goals achieved. Daily protein shakes will also be provided of no charge.....over a \$40.00 bonus! Workouts will vary weekly to keep your muscles challenged and your metabolism high. This is a great opportunity to feel and look the best you can! Class size is limited so don't postpone your registration...call today to reserve your spot in the next session. Great for both genders looking to rev up their metabolism and see results that last!

Winter Hosting Location/Schedule:

CHESTERFIELD/: **XTREME FITNESS w/ Jill Turvey**
MACOMB AREA **(M-59 at Gratiot Ave)**

Session Dates: **January 11 – February 5**
 February 8 – March 5
 March 8 – April 2

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?

Participants will meet every Monday, Wednesday, and Friday for one hour during the four-week program (12 sessions). All participants will be expected to arrive on time. Camp is from 6:00 – 7:00 AM. Ideally you should attend all 12 sessions for the most dramatic results however if you have another early morning commitment, engage in other fitness activities, or will be traveling during the program, please give prior notice.

When does the next "TEAM F.I.T." Boot Camp start?

The next Camp sessions are listed above at the corresponding locations. There is a \$10 discount for reenlisting in the next cycle.

What do I need to bring?

A water bottle, face towel, running shoes, fitness attire, mat/towel and a positive attitude. Now is the time to make fitness a priority!

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. Also, you'll get a daily protein meal replacement in order to achieve greater results and a dietary log book for accountability during the program. 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 insight on how to make exercise and healthy eating a permanent and enjoyable part of your life. You'll receive a 10% discount for any purchase of products on our web site and \$10.00 discount for reenlisting in the next camp.

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 areas 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 F.I.T. CAMP?

The class combines resistance training, cardiovascular training, and sport specific drills with chanting, singing, 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. Singing Boot Camp chants with your team. You are as strong as your weakest link. Emphasis is on encouraging all Boot 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 rededicating yourself, Boot Camp will inspire and motivate you to get back in gear. Play like a champion...finish like a pro!

What is the cost (investment in your health)?

Each four-week boot camp has a fee of \$120.00. That covers twelve hours of instruction, the before and after assessments, complete nutritional guidelines, all-natural daily protein shakes, dietary log books which are closely monitored and daily emails giving you tips and inspiration! The educational value alone is worth hundreds. 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, \$10 for an hour of empowerment is priceless!

LET YOUR LEADERSHIP BENEFIT YOU! REFERRAL INCENTIVE

It's always more fun to get friends involved and do something to help each other!

Call now for next session dates and for sign up information! (586) 709-2194 or email Jill at teamfitcorp@yahoo.com