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# BOOT CAMP

with Cat Kom  
at RBST Club

**What is Boot Camp?:** Boot Camp is a four week, mostly outdoor, fitness program that offers fitness instruction, nutritional counseling and motivational training - packed with fun and energizing activities designed to help you reach your fitness goals. Whether you want to lose weight to fit into that special dress, shed the extra pounds from a pregnancy or just get healthy and fit, this is the program for you!

**Who can participate?:** **YOU!** Men and Women of all fitness levels and ages can benefit from this program. If you are looking to jump-start your fitness program then this adventure is for you! Whether you are a beginner, an avid fitness enthusiast or just tired of the same routine, come try this new approach to exercise...fun! No matter what your CURRENT fitness level is, we will push you to achieve your peak performance! NO RBST Club Membership is required though members receive priority registration.

## Boot Camp Levels

- **Boot Camp Light** - For those that are new to fitness or that haven't been exercising regularly.
- **Basic Boot Camp** – For those that feel comfortable running 1 mile and work out on average 3 or more times/week.
- **Boot Camp SUPERCHARGED!** – For those who just can't get enough. Must have completed at least 1 Basic Boot Camp and have trainer's approval.

**When:** Since this is the first session at RBST Club the start date is TBD based on registrations. August 31<sup>st</sup> is a potential start date for a **Basic Boot Camp** so hurry and register today!

**Sessions Times:** Each session lasts 60 minutes and group workouts are 3 times per week. The first session will likely be Tuesdays & Thursdays at 9:15 AM, and either Saturday OR Sunday at 7:15 AM.

**How can I sign-up?:** **Please call or email today (see top left).** Space is limited to 12 per session and sessions fill up fast so reserve your spot today. Due to the programs popularity, to reserve your spot you must submit your full payment. There are no refunds given.

<b>Rates:</b>	<p><b>First Time Boot Campers: \$225</b></p> <ul style="list-style-type: none"> <li>-Group Workouts</li> <li>-2 Body Measurements &amp; Body Fat Tests (Before &amp; After)</li> <li>-Nutritional Consult &amp; Reviews</li> <li>-"I Survived Boot Camp!" Shirt</li> </ul>	<p><b>Repeat Boot Camper Workout Only Option:</b></p> <p><b>\$175</b></p>
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