



## **Ladies Fit Camp**

### **The Fastest Way To:**

Shape up - Lose Body Fat  
Add Strength - Get thin thighs  
Ripped abs and tight Buns

1 hour of intense, fat burning, body toning, fun and excitement!!  
Assessments are done the first day of training

### **What is a typical day like at camp?**

Each day is intentionally different to alleviate boredom. You can expect aerobic training, weight training and core training each week. It's always fun, you'll have a blast!! We teach you about proper form and "core stability."

### **How soon will I see results?**

Performance improvement takes place in as little as three days. "Visual Improvement" can take from two to four weeks depending on your effort level. It's becoming common to see a fit camper go down 1-2 dresses sizes within the first camp. Remember, everyone is different! It's not a competition, so focus on your individual results. "It's all about You!!"  
Weigh in on Mondays weekly for accountability.

### **What will I do after camp is over?**

You get re-measured and assessment will be done to show your progress and success.  
Many (up to 80%) of the campers return for the next camp to focus on their goals!

### **How long is camp?**

4 Weeks of training 3 Days a week

### **When is camp?**

Monday, Wednesday & Friday  
5:30 am & 8:30 am  
Monday, Tuesday & Thursday  
4:30pm, 5:30pm & 6:30pm

### **How do I sign up now?**

Registration forms are at Ladies Fitness and Health Club.  
Fit Camp must be paid in full.

## **What do I need to bring to camp?**

- I can do it Attitude
- Water Bottle
- Towel
- Sweatband
- Fit Camp book

## **Will I be sore sometimes?**

Ladies feel some soreness for the first 2-3 days. After that point, it is slight to moderate. Its part of the process that lets you improves!

## **What kinds of ladies go to camp?**

All shapes, sizes and ages and they are just like you. Someone who needs a little push to jump start their fitness, wellness and nutrition program. Need exercise experience to ensure their safety and get results.

## **Is there a refund policy?**

If you are unable to attend Fit Camp due to emergency health circumstances, we can offer you a refund with a Doctor's excuse or credit your account for you to use on other things at the club. After Fit Camp classes and you are not able to attend the classes for medical reasons we would deduct the classes you attended from your refund.

## **How much is Camp?**

For members is \$69 for the 4 weeks of training  
Nonmembers pay \$118

***Train with Trainers who have gotten results  
and can get you your success!!***



**Candis Cureton**  
Lost 60 lbs  
Went from a size  
14 to size 2



**Cami Ruiz**  
Lost 36 lbs  
In her 1<sup>st</sup> Fit Camp  
12 Week Program