

## Are You Looking For a **Fun, Exciting** and **Motivating** Way To **Lose Weight, Tone Up** and **Feel Great**?

The **BALANCE** Outdoor Fitness Boot Camp for **Women** is a 4 week fitness and exercise program designed to bring balance, diversity and intensity to your workout routine. Every morning you and your Boot Camp team meet in the beautiful and diverse cities of New Haven or West Haven, CT for a 60 minute workout designed and led by Certified Personal Trainers.

Outdoor Fitness Boot Camp is an exercise **program specifically designed** to help you **Lose Weight, Gain Muscle, Reduce your Body Fat, and **Get Results!**** Four weeks of fitness instruction, nutritional counseling, & motivational training provided by Certified Personal Trainers. This unique experience meets 3 days per week, 1 hour per day for 4 weeks so you stay focused and meet your goals.

Each week we will slightly increase the intensity and change the type of exercises that are done. Exercises include: speed walking, yoga and Pilates based exercises, short distance running (less than one mile), calisthenics, jumping rope, agility drills, ball training, push-ups, and more!

Your Boot Camp instructors passionately transform your routine into a challenging, fun, effective exercise experience.

Outdoor Fitness Boot Camp caters to **all fitness levels**—from beginners wanting to jump-start their program to veteran exercisers ready for a new challenge. **Women of all ages and abilities are welcome to participate.**



## Boot Camp **XTREME**

This is the MOST XTREME Boot Camp we have ever offered. It is a crash course in Fitness and weight

Management. With both nutrition and fitness education it is a week of learn by doing. **Achieve by believing in what's possible**

not what you "think" you can do. You will end this week with a complete detailed fitness program and eating plan created by a registered dietician.



This is the **CRASH COURSE in FITNESS** that you've been waiting for. But registration end 2 weeks before the start of Camp so register early because there are **only 10 women per boot camp.**

**This Boot Camp Meets 7 Days for 1 Week 3 hours each day**

Includes Detailed Nutritional Plan by Registered Dietician - 6 days of Intense Group Fitness Training -

Grocery Store Tour - Fitness and Nutrition Education - Complete Fitness Evaluation

Cost \$599

March 29 - April 4, 2009

5:00 PM - 8:00 AM

**Registration Deadline March 15, 2009**

July 26 - August 1, 2009

5:00 PM - 8:00 AM

**Registration Deadline July 12, 2009**

If you're not sure if it's the right program to reach your goals please call us

@ (203) 624-9999

## BOOT CAMP Agreement

Initial the following:

\_\_\_ I certify that I am not employed as a personal trainer, aerobic instructor, employed by a health club or otherwise employed in the fitness or martial arts industry nor is any member of my immediate family.

\_\_\_ I agree that I will not consume alcohol during the month of Boot Camp. Any violation will result in twenty push-ups per occurrence.

\_\_\_ I agree not to use foul language during Boot Camp. Any violation will result in twenty push-ups per occurrence.

\_\_\_ I agree not eat or say the words Twinkie, Donuts, Ho-Ho's, Ding Dong, or Cup Cake during the course of Boot Camp. Any violation will result in twenty push-ups per occurrence.

\_\_\_ I agree to show up for Boot Camp every day unless it is an excused absence from my doctor or pre-approved with Boot Camp directors. Any violation will result in twenty push-ups per occurrence.

\_\_\_ I understand that photos or video may be taken during the course of my involvement in Boot Camp, which may be used for promotional purposes. I understand that my "before & after" photos will not be used for any promotional purposes unless I give written authorization.

\_\_\_ I understand there is no refund policy, but I can receive a credit (for unused portion of camp) towards a future camp if I'm not able to complete the one I originally joined.

\_\_\_ I will remember to set my alarm and be at camp ON TIME.

First Date of Boot Camp \_\_\_\_\_

Today's Date \_\_\_\_\_

Your Signature \_\_\_\_\_

**BALANCE Outdoor Fitness Boot Camp For Women  
Registration Form**

First Name \_\_\_\_\_  
 Last Name \_\_\_\_\_  
 Street Address \_\_\_\_\_  
 \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 Home Phone \_\_\_\_\_  
 Cell Phone \_\_\_\_\_  
 Date of Birth \_\_\_\_\_  
 Profession \_\_\_\_\_

Do You have any of the following (please circle)

- High Blood Pressure
- Heart Problems
- High Cholesterol
- Hypo or Hyper Thyroid
- Diabetes
- Unusual fatigue
- Anxiety
- Muscle tension
- Knee problems
- Shoulder problems
- Joint problems (explain)
- Back Problems (explain)

Please list any other known medical conditions:

\_\_\_\_\_

\_\_\_\_\_

- Has your doctor ever said that you have a heart condition AND that you should only do physical activity recommended by a doctor?  
Yes \_\_\_ No \_\_\_
- Do you feel pain in your chest when you do physical activity?  
Yes \_\_\_ No \_\_\_
- In the past month, have you had chest pain when you were not doing physical activity? Yes \_\_\_ No \_\_\_
- Do you lose your balance because of dizziness or have you ever lost consciousness? Yes \_\_\_ No \_\_\_
- Do you know of any other reason why you should not do physical activity? Yes \_\_\_ No \_\_\_

By Signing below you affirm that the above information is true and will inform the trainers if any of your health or physical conditions change.

Name \_\_\_\_\_ Date \_\_\_\_\_

You will be required to sign an waiver on the first day of Boot Camp.  
Please submit this form registration fee to

**BALANCE fitness Studio for Women  
363 Whalley Ave New Haven CT 06511**

How did you find out about BALANCE Outdoor Boot Camp  
Internet / Newspaper / Radio / My friend \_\_\_\_\_  
**Get \$5 off your next Boot Camp for every friend you refer**

**2008 Boot Camp Calendar**



**OUTDOOR Boot Camp 2009**

March 2 - 27	(ask for Indoor BC)	6:30 AM	(ask for Indoor BC)
April 6 - May 1	(ask for Indoor BC)	6:30 AM	6:45 PM
May 4- 29		5:30 AM	6:45 PM
June 1 - 26		5:30 AM	6:45 PM
July 6 -31		5:30 AM	6:45 PM
August 3-26		5:30 AM	6:45 PM

**New Haven Boot Camp -- Mon. Wed. Fri**

5:30Am or 6:30AM or 6:45 PM

**West Haven Boot Camp -- Tue. Thur. Sat**

5:30Am or 6:30AM (ONLY)

Four Participation Options

**3 days a Week**

4 Weeks of Boot Camp for \$199

3 Months of Boot Camp for \$499 (save \$100)

**5 days a Week**

4 Weeks of Boot Camp for \$299

3 Months of Boot Camp for \$699 (save \$200)

*The Anything Goes*

**Fat Burning**

**Muscle Building**

*Kick Butt*

**OUTDOOR FITNESS BOOT CAMP**

*For Women*

**Oh...and it's FUN TOO!**



**How would you like to lose weight, boost your metabolism, and tone your entire body faster than you ever thought possible?**

Go to [www.NewHavenBootCamp.com](http://www.NewHavenBootCamp.com) to hear how other women in the New Haven area have done exactly that.

**BALANCE fitness Studio For Women  
363 W halley Ave New Haven, CT 06511  
Phone: (203)624-9999  
[www.balanceCT.com](http://www.balanceCT.com)**