



BOOT CAMP
CHALLENGE
Invest in yourself

PSST...
Want to
get the dirt
on how to
finally get
FIT
the healthy way?

Boot Camp Challenge®

The original Boot Camp Program. Camps offered in St. Charles, St. Louis and West County

Boot Camp Challenge® Program Design

- ♣ 6 weeks.
- ♣ 3 times per week.
- ♣ One hour each class.
- ♣ Can customize for private, corporate boot camps.

Boot Camp Challenge® Proven Results

- ♣ Improvement in quality of life.
- ♣ Decrease in body fat.
- ♣ Decrease in inches.
- ♣ Increase in strength and endurance.
- ♣ Self empowerment.

**For more information, upcoming
schedule and pricing:**

Visit: [www.mwfitness.com /bootcamps/](http://www.mwfitness.com/bootcamps/)

Call (636) 734-8594

Email lori@mwfitness.com

How is Boot Camp Challenge® different from other boot camps?

- ♣ Strong team camaraderie and esprit de corps.
- ♣ You are always encouraged and motivated, never degraded.
- ♣ Trainers are experienced, certified fitness professionals able to accommodate the needs of all fitness levels.
- ♣ Trainers are available outside of class time to answer questions and help support each camper.
- ♣ Campers will learn lifestyle changes through realistic, individual goal setting.
- ♣ No weigh-ins.
- ♣ Nutritional guidance is reinforced.
- ♣ Workouts are NEVER repeated.
- ♣ Men and women of all fitness levels welcome.

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