

# Transforming U Boot Camp

Healthy Lifestyle - Nutrition - Physical Fitness

*Drop inches & drop pounds  
for a jaw-dropping new you!*



**12 X 1.5 hours of an  
Exhausting &  
Exhilarating Experience**

Join us for a 4 week journey as we challenge you to push beyond your comfort level in a safe environment, so you can see *real results!*

Transforming U Boot Camp is 12 classes including baseline assessment, measurements, before & after pictures, goal setting, a guide-book, homework, guest presenters & a graduation party. *Transform* your mind, your body, your spirit, your confidence, your habits, your nutrition - to fit your lifestyle, your goals... YOU!

## Boot Camp Registration:

- Limited enrolment - maximum 10 participants
- Mondays & Wednesdays 8:00-9:30pm, Fridays 5:30-7:00pm

**Boot Camp Fee:** \$545.00+ HST = \$ 615.85

6 Month Members (10% discount) = \$490<sup>-50</sup> + HST = \$554<sup>-26</sup>

1 Year Members (15% discount) = \$463<sup>-25</sup> + HST = \$523<sup>-47</sup>

**Boot Camp Special:** \$160<sup>-00</sup>

5-day Reset Cleanse from Usana Health Sciences

*Blender Bottle & HST included!*

2012 Boot Camps	Start Date	Graduation Date
Happy New You!	January 9	February 3
2nd Chance Resolution	February 8	March 7
Spring Fever	April 16	May 11
Bikini Ready	May 23	June 18
Fall into Fitness	September 14	October 10
Turkey Blaster	October 15	November 9
Christmas Crunch	November 19	December 14

*Call now for real results!*



Kingsway Studio  
4214 Dundas Street W  
Etobicoke, ON M8X 1Y6

416-231-BFIT (2348)

[www.fitnessthatfits.ca](http://www.fitnessthatfits.ca)