



Boot Camp Packages

"I'm up for a Fat-Blasting Muscle-Toning Boot Camp challenge."

Boot Camp Challenge.....

***Our most popular package**

We dare you to take this challenge! If you're serious about losing weight and getting fit, this program is sure to help you transform your life. You've seen contestants on popular TV weight loss shows and you've been inspired. Let us turn that inspiration into a little motivation and a lot of perspiration. Take control of your life and your body. You are worth it. As a bonus, when you sign up for this package, you'll be able to communicate with your trainer once each day via email or personal phone calls – great for motivation and nutritional guidance!

Package Includes:

- Unlimited Boot Camp Workouts per Week (Mon., Wed., Fri., Sat.)
- Weekly Progress Assessments – Weight, Body Fat, BMI measurements
 - Before & After Body measurements such as waist, hips, and bust
 - Guided Grocery Shopping Trip with Trainer
 - Nutrition Advice
- Daily Communication with Your Certified Personal Trainer

Only \$159/month (4-weeks)

As low as \$5.69 per workout!

"Fitness and a healthy lifestyle are important to me, but I need flexibility!"

Boot Camp Flex Passes.....

Package Includes:

- 8 or 12 Boot Camp Workouts (can include Mon., Wed., Fri., Sat.)
- Weekly Progress Assessments – Weight, Body Fat, BMI measurements
- Nutrition Advice

Flex-Pass 8 (8 sessions)

Only \$99/mo. (4-weeks)

About \$12.40 per workout

Flex-Pass 12 (12 sessions)

Only \$139/mo. (4-weeks)

About \$11.60 per workout

*Please note: Flex-Pass sessions must be used in the month for which they were purchased. Unused sessions do not carry over to another month.

"I'm ready to embark on this fitness journey and I have a partner who's going to join me!"

Partner Packs (Get Fit Together and Save!).....

Flex-Pass 8 for Partners

Only \$ 90 per person per month
About \$11.25 per workout

Flex-Pass 12 for Partners

Only \$ 120 per person per month
About \$10.00 per workout

Boot Camp Challenge for Partners

Only \$139 per person per month
About \$8.70 per workout

Save BIG \$\$\$\$ on your next Boot Camp Package with FitCredits.

Here's how: Each time you bring a new friend to boot camp you will earn 10 FitCredits to be used towards the future purchase of a boot camp package. 1 FitCredit = 1 package dollar. For example: Bring 10 different friends to boot camp and earn \$100 off your next package. *FitCredits have no cash value and cannot be redeemed for cash. FitCredits must be used within 120 days of the date they were earned.

UCF/FullSail/SCC Students: Show your current student ID and class schedule or syllabus and take an additional 10% off all prices listed above!