

TEAM F.I.T. CAMP



(boot camp style workout + nutritional supplements = RESULTS!)

NEW PRICING:

3 day/4-week session \$115.00 (w/supplements, dietary materials)

3 day/4 week session \$90.00 (w/o)

Begin with a sneak peak of what TEAM F.I.T. is all about. Click on the below link to view our slide show

<http://teamfitcorp.com/video//TEAM%20FIT%20%20BOOT%20CAMP.html>

Stop kidding yourself. Your workout routine is a joke. You've been sleep-walking from machine to machine at your health club for years with little or nothing to show for your investment. Or worse yet, you've cooked up a million excuses as to why you can't work out. Your back is stiff, you're too busy, and you're too old—Come on now, are we that pathetic?

Our classes deliver GUARANTEED RESULTS. After one month, your transformation will be initiated. By month number two, your friends will want to know your secret.

Our class structure is based upon simple yet effective fundamental movement patterns executed at high intensity. These workouts deliver time-tested measurable health and fitness improvements. This technology delivers the most effective broad-based fitness results in the most efficient manner possible. Our dynamic, fun, results-oriented workouts combine resistance training, cardio workouts, plyometrics, core training, functional fitness and flexibility. Let us help you today with your health and fitness training. The ideal setting for this program is the great outdoors. We use natural props and supply additional equipment to enhance the workouts.

Will it be hard?

Yes, but not impossible.

Can I keep up?

Yes. Everyone else here started out just like you.

Whether you want to lose weight, lose inches, get stronger, increase your metabolism, improve your nutrition, or just improve your overall health and fitness, we are committed to providing the right "game-plan" for you to reach your goals. Clients come to us for a myriad of reasons:

- Weight loss
- Improve energy
- Increase metabolism
- Accountability
- Motivation
- Program Design
- Flexibility
- Sports Performance
- Results!!!

El a carte enrollment: You will begin your session by getting weighed in and measured. If enrollee opts for supplements/dietary handouts, a TEAM FIT nutritional guidebook will be distributed. Tools and guidelines will be shared to make your journey successful and goals achieved. Protein supplements will also be provided for those that choose this option. Workouts will vary weekly to keep your muscles challenged and your metabolism high. This is a great opportunity to feel and look the best you can! Class size is limited so don't postpone your registration...call today to reserve your spot in the next session. Great for both genders looking to rev up their metabolism and see results that last!

2012 Winter Hosting Location/Schedule:

CHESTERFIELD/:	Team Fit, Chesterfield w/ Jill Turvey 5:45 6:45 am
MACOMB	(21 Mile Road; W. of Gratiot Ave)
Session Dates:	Jan 9 – Feb. 3; Feb. 6- March 2; March 5- March 30

Additional Qs/As:

What if I'm not very physically fit?

NOBODY will be left behind or asked to complete more than they are capable of safely doing. Nor will anybody go home unchallenged! Men and women of all ages and abilities are welcome to participate. Each day will be a new challenge and will progressively increase in intensity. You will

inspire and be inspired by others.

How often will we meet?

Participants will meet every Monday, Wednesday, and Friday for one hour during the four-week program (12 sessions). All participants will be expected to arrive on time. Ideally you should attend all 12 sessions for the most dramatic results however if you have another early morning commitment, engage in other fitness activities, or will be traveling during the program, please give prior notice.

When does the next "TEAM F.I.T." Boot Camp start?

The next Camp sessions are listed above at the corresponding locations.

What do I need to bring?

A water bottle, face towel, running shoes, fitness attire suitable for outdoors, fitness mat/towel, set of hand held weights (nothing less than 5lb.) and a positive attitude. Now is the time to make fitness a priority!

<SPRING/SUMMER SESSION DETAILS BELOW>

The weather is changing and the air is a bit chilly. The daylight hours are late to arrive and quick to depart. Does this mean that the camp will have to go inside? Will TEAM FIT CAMP have to change class times?

NO WAY! The Camp will be hosted indoors (at the L'Anse Creuse North High School Gymnasium) if the air temperature is below 40 degrees or if the weather makes it hazardous to workout, ie. rain, thunderstorms, etc.

Here are a few simple things that you can do to get ready for the change of season. The key to staying warm when training outside is staying DRY!!!

Proper attire will become essential for a beneficial training session. Here are a few rules:

Try to dress in layers. Gloves or mittens for the hands and a knit/synthetic cap are a must for retaining heat and provide easy ventilation when needed. Socks can be bought with the same lining protection. Bring a warm dry sweater or sweat shirt that you can wear after the workout. A towel can come in handy to keep your car dry.

TEAM FIT CLASS CANCELTION POLICY: If Camp is canceled, a text message will be sent out to you that morning a makeup will be scheduled at the end of the third round in any given season. (please make sure we have your current cell number for this purpose) An email will be sent out reminding you of this make up morning even if you are not in the Camp's

current session.

What can I achieve from camp?

Your body will become more fit and toned, and your cardiovascular endurance will dramatically improve. You will gain more confidence making improvements in your physical well-being. The camp program includes exercises designed to firm your muscles, flatten your stomach, reduce body fat and increase stamina. By losing fat and gaining muscle, you'll lose inches and gain strength while looking and feeling better. Also, you'll get a daily protein meal replacement in order to achieve greater results and a dietary log book for accountability during the program. You will meet great people who share in the same vision of striving to reach their goals for a healthier mind and body. You will gain valuable insight on how to make exercise and healthy eating a permanent and enjoyable part of your life. You'll receive a 10% discount for any purchase of products on our web site, other class enrollment and/or class punch cards.

Why should I participate?

You will make a dramatic improvement in your physical and mental well-being. In addition, you will meet great people who share your same passion for acquiring a more healthy body and mind. You will be finished with your exercise routine before the rest of the world has even gotten started! This is the absolute best way to start your day. When you follow camp with a healthy meal and hot shower, you will feel unstoppable. This camp goes so much further than the 5 – 10 pounds you will lose. The effects reach into all areas of your life as you begin to love the reflection that stares back at you in the mirror, reclaim your life and feel better than you have in years!

What is the difference between group fitness classes and TEAM F.I.T. CAMP?

The class combines resistance training, cardiovascular training, and sport specific drills with chanting and loads of fun! Our Boot Camp style class is a great way to increase strength, boost aerobic capacity, improve flexibility, lose weight, and break through plateaus! We look forward to working with you to reach your goals. Boot Camp is a demanding program, and one in whose results we take extreme pride. We have high expectations for our participants and we go the extra mile to make sure that you are another Boot Camp success. These are important components to every Boot Camp:

COURAGE: It takes courage to start an exercise program. It takes even more courage to engage in a Boot Camp Fitness class. Overcoming challenges, crawling under obstacles, leaping over fences, running through water, and just having the heart to finish. Boot Camp is designed to push

you further than you would yourself and to find out what you're made of.

COMMITMENT: Once you start a program, it takes a ton of commitment to get results. This is where Boot Camp helps you out. If you want to be good at something, "you've got to work for it, you've got to sweat for it, you've got to bleed for it, and you've got to want it." All Boot Camp classes demand that you commit yourself 100% to doing your best. Wait until you see the results!

DISCIPLINE: It takes discipline to be successful. Boot Camp provides a game plan for success in your physical fitness, mental toughness, and emotional well-being. Topics such as fitness, nutrition and stress reduction are all integrated into Boot Camp. It takes 21 days to create a habit. Boot Camp will help you change your habits and your life!

EFFORT: We're looking for 100% effort. If you're not willing to provide it, we'll get it out of you. Come ready to play and good things will happen. Boot Camp's positive, motivating environment will provide the backdrop for you to expend every ounce of effort you have. Plus, you're going to need it to get up 80 knuckle squats, complete a "recon mission" given by your trainer, complete a shuttle run in a pre-determined time, or to do "dirty dogs" or arm haulers until I hear everyone counting!

TEAMWORK: There is no "I" in team. There is no "me". It doesn't matter whether you are first in a group or last in a group. It is all about unity and teamwork. Carrying a raft above your head. Carrying a log on your shoulders. Leap-frogging over your entire team. Tracker tire pulls. Kettle bell swings. Relay races. You are as strong as your weakest link. Emphasis is on encouraging all Campers to finish. We don't care if you're first or last - Boot Camp will help you to be your best and to be a strong link on your team.

CAMARADERIE: There is nothing like the exhilaration of accomplishing a task together. When you sweat, bleed, and laugh together, it builds camaraderie. When you can lean on your partner and trust that he or she is giving it their all, a bond develops that can't be broken. Boot Camp builds camaraderie and the Boot Campers just love it.

SWEAT: Jump Squats, 8 count body builders, flutter kicks, skater plyos, high knee runs, sprints, dive bomber pushups, butt-kicks, mountain climbers, and the list goes on and on. You bet your bottom dollar you're going to sweat. You're going to sweat like never before. You will be pushed to your max and you will love every minute of it. There are no short cuts. If you want something in life, you've got to work for it. You will work for it in this program and you will love the results!

MOTIVATION: Do you have a problem getting motivated? Do you have a

problem staying motivated? Do you get bored with your workouts? This class will wake up your body, mind, and soul and change around your entire routine. Chanting, running in cadence, and a ton of spirit and energy fill this action packed class. Boot Camp is the ultimate in motivating you to new levels.

DEDICATION: Do you have what it takes to be a champion? A champion is someone who works extremely hard to tap out his or her gene pool. A champion has heart. A champion overcomes challenges. If you are lazy, don't work hard on your own, eat poorly, and need help re-dedicating yourself, Boot Camp will inspire and motivate you to get back in gear. Play like a champion...finish like a pro!

What is the cost (investment in your health)?

Each four-week boot camp has a fee of \$115.00; \$90.00 w/o supplements/material. That covers twelve hours of instruction, the before and after assessments, complete nutritional guideline reference "bible", all-natural daily protein shakes and daily text messages giving you tips and inspiration! The educational value alone is worth hundreds. Where else can you get premiere or cutting edge fitness instruction for that incredible price? You truly can not put a price on your health, self esteem and the confidence you will gain from TEAM F.I.T. Boot Camp. If you look at what you will save in medical bills down the road or having to buy larger size clothing or lost opportunities due to your health, for less than \$10 an hour of empowerment is priceless!

What other things do I need to know about TEAM F.I.T. Camp? Every day is different! On Fridays ("Fun Fridays") Camp consists of a different format each week to give you a different taste of other fitness types. TRX Training, boxing, sports drills, tabata.....You name it, we do it, TOGETHER! Please note, participants would be responsible for bringing in their own boxing gloves. We sell hand wraps on site, if needed.

LET YOUR LEADERSHIP BENEFIT YOU! REFERRAL INCENTIVE

It's always more fun to get friends involved and do something to help each other! Congregate a friend and receive one of our bulk protein containers FREE with camp enrollment (\$25.00 value)!

**Call now for sign up information! (586) 709-2194 or
email Jill at**

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