



# Amy's Bikini Bootcamp...Real Results, Real Fast!

*Amy's Bikini Bootcamp is a results-driven fitness & nutrition program that produces serious results...within a month! It's the hottest class in town – reserve your spot in an upcoming session NOW!*

**Program Details:** The class meets 4x/week for 4 weeks. Classes are conducted in an indoor/outdoor environment, utilizing a variety of group exercise formats, coupled with the most progressive, innovative, and creative exercises in fitness. Bootcamp workouts include, but are not limited to, cardiovascular, speed & endurance, partner resistance, strength training, dumbbells, barbells, kickboxing, intervals, circuits, stairs, and stadiums. Bikini Bootcamp is unique, intense, and really combines nutrition and fitness to produce hard core results.

Personal training sessions cost \$60-\$100 each. Eighteen sessions would cost between \$1,000-\$1,800. Amy's Bikini Bootcamp provides the intensity of a personal training session with the motivation from a group environment. You get the best of both worlds, at a fraction of the cost! Cost of the entire program is \$125. This includes a two-hour orientation, sixteen hard-core fitness classes, plus an initial nutrition assessment, nutritional plan, personalized recommendations, handy tips for success, class handouts, and nutrition advice on a weekly basis.

## **Haven't worked out in months or years?**

Don't fret. Amy's Bikini Bootcamp is for all fitness levels – whether you work out daily or haven't worked out since high school. All activities are structured so that you can choose the appropriate intensity for your fitness level.

## **Too busy?**

We all live busy lives. With early-morning sessions, you can easily work the classes into your busy schedule. And, the extra energy you'll begin to feel will help you be more productive throughout the rest of your daily activities. Amy's Bikini Bootcamp is based upon the principles of discipline, motivation, and teamwork! Even though the classes are based on a "boot camp" training program, no one will ever embarrass or harass you. This program is about having FUN, motivation, and seeing REAL results!

## **Motivation: The Key to Your Success**

Motivation is a major key to your success. This program is continuously being developed to keep motivation levels high. No two workouts will ever be the same! Not only is this a mark of a well-designed program, but it also prevents the boredom that many people experience after committing to a long-term fitness regimen. The people in Amy's Bootcamp classes are dedicated to really changing their bodies and lives. This commonality bonds individuals into a group, making it easier to stay dedicated to the program.

***Take control of your body and life once and for all --- It will be the best money you've ever spent for yourself. To save your spot, email Amy at [amy@zumbawithamy.com](mailto:amy@zumbawithamy.com) NOW!***

## **February 2010 Bootcamp Information**

**Dates:** February 8 – March 4, 2010  
**Orientation:** January 31 – 6:30PM @ Timberhill Athletic Club (TAC)  
**Days:** Monday-Tuesday-Wednesday-Thursday  
**Times:** M/W/R: 5:30 – 6:30 AM  
T: 6:00 – 7:00 AM  
**Cost:** \$125.00

## **April 2010 Bootcamp Information**

**Dates:** April 5 – 30, 2010  
**Orientation:** March 28 – 6:30PM @ Timberhill Athletic Club (TAC)  
**Days:** Monday-Tuesday-Wednesday-Thursday  
**Times:** M/W: 5:30 – 6:30 AM  
T/R: 6:00 – 7:00 AM  
**Cost:** \$125.00

## **May 2010 Bootcamp Information**

**Dates:** May 3 – 28, 2010  
**Orientation:** April 25 – 6:30PM @ Timberhill Athletic Club (TAC)  
**Days:** Monday-Tuesday-Wednesday-Thursday  
**Times:** M/W: 5:30 – 6:30 AM  
T/R: 6:00 – 7:00 AM  
**Cost:** \$125.00

## **June 2010 Bootcamp Information**

**Dates:** June 7 – July 1, 2010  
**Orientation:** May 31 – 6:30PM @ Franklin School  
**Days:** Monday-Tuesday-Wednesday-Thursday  
**Times:** M/W: 5:30 – 6:30 AM  
T/R: 6:00 – 7:00 AM  
**Cost:** \$125.00

## **Fall 2010 Bootcamp (2 sessions)**

### **September 2010 Bootcamp Information**

**Dates:** September 13 – October 8, 2010  
**Orientation:** September 8 – 6:30PM @ Franklin School  
**Days:** Monday-Tuesday-Wednesday-Thursday  
**Times:** M/W: 5:30 – 6:30 AM  
T/R: 6:00 – 7:00 AM  
**Cost:** \$125.00

### **October 2010 Bootcamp Information**

**Dates:** October 11 – November 5, 2010  
**Orientation:** October 3 – 6:30PM @ Franklin School  
**Days:** Monday-Tuesday-Wednesday-Thursday  
**Times:** M/W/R: 5:30 – 6:30 AM  
T: 6:00 – 7:00 AM  
**Cost:** \$125.00