

Want to LOOK and FEEL GREAT?

REAL WOMAN - REAL RESULTS



THE MISSION IS SIMPLE: Lose weight and get toned! You'll be amazed by how much fat will melt off your body in that short period of time with the expert guidance of our health and fitness experts.

HERE'S WHAT YOU GET:

- Metabolic Reconditioning Workout Monday thru Friday (\$400 Value)
- 30 Day Metabolism Accelerating Meal Plan – NO DIETING, NO PILLS (\$100 Value)
- Access to PRIVATE Facebook Group for Support and Motivation
- 30 Day Expert Coaching & Support from Our Certified Trainers (\$300)
- Before & After Assessment So You Can Measure the Results (\$100 Value)
- YOUR BEST BODY (Priceless)
- Each participant must bring their own exercise mat and pair of dumbbells [8lbs or 10lbs]

PLUS: Nutrition Package: Camp Package” [Program Guide and 30-Day Nutrition Manual, Drawstring Bag, Water Bottle and A Really Cool T-shirt] for \$30 one time fee.

MORNINGS: [Women ONLY 16+]

5:30am-6:30am Edgewood Park: Coogan Pavilion

6:30am-7:30am Edgewood Park: Coogan Pavilion

EVENINGS: [Women ONLY 16+]

6:00PM – 7:00PM Coming In November

Get UNSTUCK Workshop

Information Session, Weight-In and Orientation

Saturday September 12th at Coogan Pavilion 10am-12:noon

Your First Workout is Monday September 14th, 2015

YOUR INVESTMENT IS ONLY: Kick-Start Package: 1 Month/ \$147 [= \$7.35 per session]

Transformation Package: 3 Months /\$127 for each month [= \$6.35 per session]

Reserve your spot now! ONLY 15 Spaces in Each Camp*

Register at New Haven Parks and Rec. 720 Edgewood Ave, New Haven, CT 06515

Call Fit Haven at 203-624-9999 or Go Online to NewHavenBootCamp.com

