

FITNESS CHOICE BOOT CAMPS

**Get started on your summer body.
Come have fun and get fit at the Fitness Choice Boot Camps.**

The Fitness Choice Enterprise, Inc. has been providing superior personal training and conditioning services to the Southern California market for more than 30 years.

Deborah Robinson has been a Certified Fitness Professional for more than 25 years and a Certified Strength & Conditioning Coach to amateur and professional athletes since 2000. Her approach to training improves overall strength, dynamic flexibility, cardiovascular fitness, balance, and trunk stability all of which are necessary for health and fitness that enhances the quality of our activities in daily living.

Boot Camp Times and Locations

MIRACLE MILE

- Wednesdays or Saturdays (1-2 PM)
- Sessions start May 19, 2012.
- Register by May 17, 2012.

Boot Camp Rates

SINGLE SESSION: \$25

- Single session fees are due prior to the start of each session.

5 SESSION BLOCK: \$100

- Session block fees are payable in advance and are due prior to the start of Session 1.
- Session block renewal fees are due at the start of Session 5.
- Pre-Purchased sessions must be used within the same month of purchase.
- We are unable to re-schedule missed sessions.

The
Fitness Choice
Enterprises, Inc.



**Get Ready!
Stay Ready!
Be Fit!**

TO REGISTER

Email dr_fitness@msn.com