

Courtland Village Boot Camp 2

July 27th—September 2nd

All fitness levels welcome!

This program is designed to give you incredible fitness results. It is packed with fun and energizing activities designed to help you build a strong, fit body. It will help you burn off that excess body fat, firm and tone your entire body so you look and feel great.

Courtland Village Pool Parking Lot

Tuesdays & Thursdays

July 27, 2010—September 2, 2010

Time: 05:30—06:30 AM

RAIN OR SHINE

Camp Fee (12 Sessions):

- \$150.00 per person (12 sessions)
Includes a Boot Camp T-Shirt & 2 Fitness Evaluations.
- \$20.00 each drop-in session.

About Natasha:

I am a Certified Personal Trainer with ISSA (International Sports Sciences Association). I am finishing my Fitness Nutritionist Certification also with ISSA. I am CPR, First Aid, and AED (automated external defibrillator) certified with the Red Cross and the American Heart Association.



For more information or to register call:

Natasha Grotke: 703-625-2380

WHAT YOU SHOULD EXPECT:

- To burn lots of calories.
- To work your entire body.
- To be challenged.
- To have fun while reaching your personal fitness goals.

WHAT WILL YOU NEED:

- Beach Towel or Yoga Mat
- Water!!!
- Dumbbells 3, 5, or 8 lbs (not a necessity)
- Completed Physical Activity Readiness Form



N.G. Fitness Consulting
21082 Honey Creeper Place
Leesburg, VA 20175
Phone: 703-625-2380
E-mail: ngfitness@verizon.net

Name _____

Address _____

Phone _____

Email Address _____

Please select a shirt size

T-Shirt Size: S M L XL XXL