



Do you want to look and feel your physical best?
 Is it too hard to do on your own?
 Do you need someone to motivate you?
 Do you enjoy the energy you get from group exercise?
 Is a personal trainer too expensive right now?

If **YES** is the answer to any of these questions, then my **BOOT CAMP** is right for you!

My **BOOT CAMP** is designed to give you incredible fitness results. It is packed with *focused interval training*, which is designed to help you build a strong, fit body and mind. I will help you burn off that excess body fat, firm and tone your entire body, so you look and feel fabulous in your clothes. I will also include stretching techniques, **Pilate's** type moves, **isometrics**, **plyometrics**, **kickboxing**, and a few creations of my own. It is basically impossible not to see and feel the results! The workout changes weekly, never giving you the chance to get bored, while pushing you to a new level of fitness. And you'll love it! I will be **sensitive enough for the beginner**, yet **challenging enough for the conditioned athlete**.

We will exercise outside!

Class is offered to Woodlea residents first; then to the general public!

***** Only 40 participants! *****

First ones signed up, first ones get in shape!

LOCATION - Woodlea Manor Clubhouse

The address is 1430 Hague Drive in Leesburg. Go south on Route 15 just past the pumpkin patch, take a right on Woodlea. Go to the first Stop sign. Make a right on Meade, and then a left on Hague Drive. The clubhouse is on the right.

CAMP DURATION

This **BOOT CAMP** lasts 12 weeks, starting Saturday, July 23rd, continuing every Saturday through October 8th. We start at **8 a.m.** and have fun for 1 hour.

WHAT YOU WILL NEED TO BRING

Beach towel **and/or** yoga mat, a bottle of water; ladies bring 3 or 5 pound dumbbells; men bring 5 or 8 pounders. Everyone must sign a Consent and Release Form before participating.

CAMP FEE: \$200. All Woodlea residents deduct 10% = \$180.

Please make check payable to: *Body by Dion*. Cash is acceptable.

Call 540-454-1868 or Email dion@bodybydion.com **NOW** if you want to join us.

SCHEDULE

Class*Dates

1*July 23

2*July 30

3*August 6

4*August 13

5*August 20

6*August 27

7*September 3

8*September 10

9*September 17

10*September 24

11*October 1

12*October 8

www.bodybydion.com

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