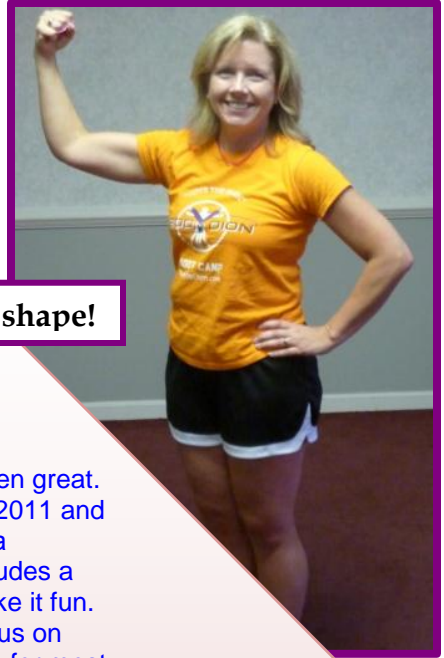




Do you want to look and feel your physical best?  
 Is it too hard to do on your own?  
 Do you need someone to motivate you?  
 Do you enjoy the energy you get from group exercise?  
 Is a personal trainer too expensive right now?  
 If **YES** is the answer to any of these questions,  
 Then my **BOOT CAMP** is right for you!



**There is only room for 15 participants \* First to sign up, first to get in shape!**

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  
 We're in Studio B!

"Boot Camp with **BODY BY DION** has been great. I've been working with Dion since April 2011 and I'm impressed with his ability to deliver a challenging workout to a group that includes a wide range of fitness levels and still make it fun. The combination of good music, the focus on good form, the modification of exercises for most everyone and a lot of laughs have kept me coming on Saturday mornings at 7:00 and inspired me to add Tuesdays and Thursday evenings. The best part has been the results: my arms are in the best shape ever; and I've taken inches (and years) off my abs and hips!  
 Thanks, Dion!" **"LOVE THE BURN."**

[www.bodybydion.com](http://www.bodybydion.com)

**CAMP FEE: \$150.**

Check (*Body by Dion*) or cash accepted.

**540-454-1868**  
 Email: [dion@bodybydion.com](mailto:dion@bodybydion.com)

**Stacy Cleveland**

**LOCATION**  
 305H East Market St.  
 Leesburg, VA 20176  
**Toll House Center**



"I have struggled with weight my entire life. I have always been able to lose weight but I would always gain it back at some point and then some. Even when I lost weight in the past I wasn't in shape and my body was soft. When I first started going to Dion's Boot Camp I thought that I could do these exercises with no problem. Boy was I surprised! I would often not be able to finish the exercise or when it was over I would be totally exhausted. This past September marks the one year anniversary from when I started working out with Dion at his Boot Camp; to date I have lost approximately 60 lbs through an improved diet along with Dion's motivation and exercise routine, but most importantly my body shape is at a level that I could never have dreamed of. At 45 years old I am in the best shape of my life, and as muscular as I have ever been. It is a wonderful feeling to hear people tell me how good I look and to also shop at places that I could have never imagined, and buy shirts that are mediums and not 2XL! Thank you Dion! You make working out fun, and your smile is infectious!!"

**Don Zambito**

**DURATION:** This **BOOT CAMP** lasts 10 weeks, starting **Saturday, February 4<sup>th</sup>**, continuing every **Saturday** through **April 7<sup>th</sup>**. We start at **7:30 a.m.** and push for 1 hour.  
**YOU NEED TO BRING:** Beach towel **and/or** yoga mat, a bottle of water; 3 or 5 pound dumbbells.