

# WHO ELSE WANTS TO FIT INTO THAT BATHING SUIT ON VACATION?



## Successful fat loss comes down to 3 things:

- 1) A training program that boosts metabolism. Properly designed interval training has shown to burn 3X as much FAT as steady-state cardio.
- 2) Positive Training Environment. It's been proven over and over again that you're the product of the people you associate with most often. Our bootcamp is non-judgmental, and unbiased towards clients of all abilities.
- 3) Accountability. According to a study done by the American Society of Training and Development, having a specific appointment with someone you've committed to for a specific goal, increases your chance of success by 95%!



For more information please visit:

[www.shelbytrained.com/winterbootcamp](http://www.shelbytrained.com/winterbootcamp)

Email: [shelby@shelbytrained.com](mailto:shelby@shelbytrained.com)

## WINTER (2018) BOOTCAMP

- \* 1/3 - 3/2 (9 weeks)
- \* Monday, Wednesday, and Friday - 8am
- \* Monday, Wednesday - 12pm (except on holiday weeks there will be Friday class)
- \* No class 2 days: 1/15, 2/19
- \* 2x/week cost: \$339
- \* 3x/week cost: \$389