SERVICES | Other **05 November 2019**

WEIGHT-LOSS!! (Complimentary Nutrition) & Bootcamp!

I want to create a fun, welcoming judgment free bootcamp! I do offer free trials for everyone for the first time to see if they like it! (after the free trial there is an affordable no strings attached option!) I appreciate your feedback and support! Thank you ????Lauren ???????????

JUST SHOW UP! No more excuses! Even if you haven't worked out in years it doesn't matter! Don't think you need to be in better shape. Push yourself to reach your workout goals. All you need to do is set your alarm and COME!

Bootcamp Group Training:



Series of exercises called “circuits” and fitness games, building athletic ability and confidence! Routines designed to reduce body fat, increase stamina and tone/build muscle. Mainly utilizing a client’s body weight. Movements include push-ups, jumping jacks, box jumps, broad jumps, squats, planks, sit-ups, running and sprints etc. If needed will use the gym’s equipment including Jump ropes, Ab mats, Ab rollers, Yoga mats, Resistance bands, Medicine balls/Wall balls, Dumbbells, TRX, Tires, Sledgehammers, MMA pads/boxing gloves, etc and a Whole lot of Creativity plus complimentary personal nutrition! (modifications can be made for each exercise allowing different fitness levels to work together)

My goal is creating a nice large group of like-minded people who enjoy feeling better, health, fitness and meeting new people/friends!

Typical session = stretch, warmup, workout (1 hour) & music of course!

Come meet new friends!

Any Fitness Levels!

Monday-Friday AM & PM

Just bring water and a towel if you’d like!

***FOR ALL TRAINING CLIENTS! I plan on holding fun social events/outings in the near future with my fitness clients! (examples: corn hole tournaments, bbqs, nights out, speed raceway, dodgeball, kickball, relay races, bonfires, axe throwing, etc!)

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