



## About BodySculpt BootCamp

BodySculpt BootCamp is not your typical personal training experience. Our **function-based program** has been created specifically for women, by women and now for men! This program uses exercise techniques aimed at developing **core strength, balance, agility, and flexibility**. BodySculpt BootCamp will challenge you to try something new!! In this small group format you will experience an atmosphere charged with laughter, enthusiasm, and self-awareness. Your trainer for your session will be a **certified personal trainer or group fitness instructor**.

### Included in your Body Sculpt BootCamp package:

- 8 Weeks of BodySculpt BootCamp Sessions 2 x 1 hour long workouts per week plus help with a workout schedule for 2 additional workouts per week on your own.
- Initial consultation to determine your baseline fitness, ensure you can perform basic functional movement patterns, and possibly assess your measurements (at your request).
- Follow up consultation to celebrate your improvements! (Initial and follow up consultations as well as workouts will be conducted at Active Chiropractic Family Health Center).

Cost: \$160 plus HST. A \$50 deposit is required to reserve your spot in the session.

### Types of Classes

FitMoms. Helping you find your abs again! You will receive exercises to help your stretched muscles, ligaments and joints return to their proper function and alignment. This is a workout for Moms! It is baby friendly- you are welcome to bring a baby chair and some toys to keep your baby amused while you work up a sweat and get back into shape! It is important that you have had your 6 week check up with your MD and have been cleared to start easy exercise.

45+. Keeping You Fit and Fabulous! You will receive exercises using weights to help increase your bone density (and ward off osteoporosis), increase muscle mass (which decreases as we age but when built up can speed up our metabolism), increase core stability (which reduces back pain) and some cardio exercises to keep you in the "fat burning zone" all at your own pace.

#### Beginner BootCamp! Fit, Fun and Fabulous!

Aimed at women or men who are new to exercise/free weights or returning from some time off or injury, who find it a challenge to run/jog more than five minutes due to physical limitation and who have a current baseline level of fitness of 0-2 workouts per week.

Intermediate BootCamp! Fit, Fun and Fabulous! Aimed at women or men with a current baseline level of fitness of 2-3 workouts per week, who can perform 20 minutes of cardio capacity on elliptical, bike, treadmill etc., and who are familiar with the use of free weights.

Advanced BootCamp! Fit, Fun and Fabulous! Aimed at women or men with an active lifestyle who are looking for variation and increase intensity in their workout. Get ready to push it!