



## **Fit Camp The Fastest Way To:**

Shape up - Lose Body Fat  
Add Strength - Get thin thighs  
Flat Abs and Tight Buns

One hour of fat burning, body toning, fun and excitement!  
Assessments are done the first day of training.

### **What is a typical day like at camp?**

Each day is intentionally different to alleviate boredom. You can expect aerobic training, weight training and core training each week. It is always fun, you will have a blast! We teach proper form and "core stability." When training is outside you have the option to stay inside; we will not be outside if it's above 75 degrees.

### **How soon will I see results?**

Performance improvement takes place in as little as three days. "Visual Improvement" can take from two to four weeks depending on your effort level. It's becoming common to see a fit camper go down 1-2 dress sizes within the first camp. Remember, everyone is different! It's not a competition, so focus on your individual results. "It's all about You!" Weigh-ins are on Mondays for weekly accountability.

### **What will I do after camp is over?**

You get measured again and assessments will be done to discover your progress and success. Many (up to 80%) of the campers return for the next camp to focus on their goals!

### **How long is camp?**

4 Weeks of training - 3 Days a week

### **When is camp?**

Monday, Wednesday & Friday

5:30 am & 8:30 am

Monday, Tuesday & Thursday

5:30pm, 6:30pm & 7:30pm

Maximum 12 per Class

### **How do I sign up now?**

Registration forms are at Ladies Fitness and Health Club.

Fit Camp must be paid in full. For more information call 770-387-0827

Or e-mail us at [MyLadiesFitness@hotmail.com](mailto:MyLadiesFitness@hotmail.com)

## What do I need to bring to camp?

- I can do it Attitude
- Water bottle
- Sweat towel
- Fit Camp book

Book must be purchased by all Fit Campers  
(A onetime purchase)

## Will I be sore sometimes?

Ladies feel some soreness for the first 2-3 days. After that point, it is slight to moderate. Its part of the process that lets you improve!

## What kinds of Ladies go to camp?

All shapes, sizes and ages and they are just like you. Someone who needs a little push to jump start their fitness, wellness and nutrition program. Someone who needs exercise experience to ensure their safety and get results.

## Is there a refund policy?

If you are unable to attend Fit Camp due to emergency health circumstances, we can offer you a refund with a Doctor's excuse or credit your account for you to use on other things at the club. After Fit Camp classes start and you are not able to attend the classes for medical reasons we would deduct the classes you attended from your refund.

## Train with Trainers whose walked in your shoes!



**Candis  
Cureton  
Lost 80 lbs  
From size  
14 to 2**



**Bridgette  
Alexander  
Lost 45 lbs  
From size  
14 to 8**