

BODY BLITZ BOOT CAMP Summer 2011/12

EXCITING NEW CHANGES & EXTRAS COMING YOUR WAY! Bring it on...

Body Blitz Boot Camp is a high intensity outdoor training program designed to challenge all aspects of your health and fitness and give you serious results!



*Get ready to be in the best shape of your life...
Get ready to feel like you can take on anything...
Get ready to feel more alive...
Get ready to bounce out of bed in the mornings excited to see what the day brings...
Get ready for serious fun & serious results...*

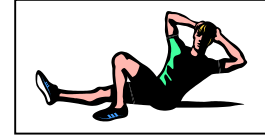


WHEN - BOOT CAMP 10 = Saturday 29th October - Saturday 17th December 2011 - (7 weeks)
BOOT CAMP 11 = Saturday 11th February - Saturday 31st March 2012 - (7 weeks)

Body Blitz Boot Camp Sessions are every Tuesday, Thursday & Saturday at 6:30am

WHERE - NEW LOCATION! For each session we meet on the grassy area towards the lake foreshore near the new Outdoor Stage, just beyond the clay pits.
Park in the Clay Pits Car Park, adjacent to the toilet block.

TIME - Each training session will begin on time, 6:30am sharp!
(Each session is 60 mins in length)



Do I need to be fit for Body Blitz Boot Camp? Absolutely not, that's why you're here! All you need is the will and the initial commitment to improving your health and fitness. The rest of the motivation and dedication will come quickly!

What will I get out of Body Blitz Boot Camp?

- Body Blitz Boot Camp training sessions are, an ideal addition to any existing fitness routine.
- You will streamline, strengthen and condition your body.
- You will take your fitness to new heights.
- You will be challenged both mentally and physically.
- You will receive information on training techniques and nutrition, which you can apply for the rest of your life.

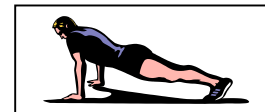
What changes will I see? The most obvious results you will see from this type of training are *body fat loss* and *increased cardiovascular fitness*. Other benefits include *improved muscular strength & endurance*, *agility* and *increased muscle tone*.

You will feel tension, stress and unhealthy behaviours decrease.

You will feel an increase in self-esteem and self-confidence.

Why is Body Blitz Boot Camp so different to other training programs?

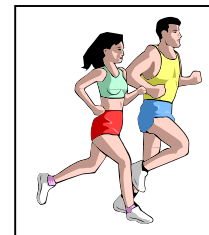
- It is run completely outdoors (*rain, hail or shine*).



- You will be challenged physically, mentally and emotionally each session.
- You will see & feel the difference (*even*) in the first 2 weeks.

What will I do in a Body Blitz Boot Camp session? You will do a number of different activities including but not limited to:

- Jogging &/or Running
- Hill & Stair training
- Uneven ground & sand training
- Kick boxing work
- Core work (targets the stomach & back)
- Upper & Lower body blasts
- You will use equipment & do exercises that you have never seen before!



Who will my instructor be? Your instructors are Manuela Berchtold, 2 time Winter Olympian & owner of High Country Fitness + a variety of her team of staff.

All are qualified fitness professionals who, will motivate and inspire you, incorporating Manuela's knowledge as an elite athlete into each and every training session.

What do I need to bring to each session? You need to wear comfortable work out clothing (which you don't mind getting a little dirty), including shoes you can run and jump in making sure you are dressed appropriately for the weather as **we will train rain, hail or shine**.

Bring a bottle of water and a towel.

Be sure to bring your attitude that says, "Bring it on"...

What your Body Blitz Boot Camp includes:

- All scheduled training sessions & A few extra!!! * Some fitness testing first and final week.
- A chance to win several prizes. * A surprise High Country Fitness gift.
- Nutritional & training tips, tools for great motivation, positive affirmations and goal setting.
- Whenever you feel like it's getting a little too tough, pick up the phone and call Manuela for some support and extra motivation!

How much does Body Blitz Boot Camp cost?

BOOT CAMP 10 - (29th Oct -17th Dec 2011) = 22 sessions + (each Tues, Thurs, Sat & Extra's)
= \$405 (GST inclusive)

BOOT CAMP 11 - (11th Feb - 31st March 2012) = 22 sessions + (each Tues, Thurs, Sat & Extra's)
= \$ 405 (GST inclusive)

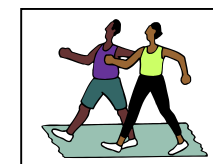
A special price of \$750 if doing both Boot Camps over Summer.

Exclusive Discounts available to Ultimate Members upon registration!

HOW TO SECURE YOUR SPOT IN BODY BLITZ BOOT CAMP ...

E-mail Manuela on manuela@highcountryfitness.com.au to book your spot.

You will then be e-mailed the Terms & Conditions and Pre-Activity Questionnaire.



- Payment is then required in full (via Cash, Cheque, Direct Debit or Credit Card) at that time otherwise your spot will be given to someone else.

If you have any questions regarding Body Blitz Boot camp please don't hesitate to call the High Country Fitness Team

on (02) 6456 2296, or e-mail on manuela@highcountryfitness.com.au

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