

~Upcoming Session Schedules~

Pay On Line Now To Secure Your Upcoming Spot! Chose Your Days, According To Your Schedule! You will be sent a confirmation via e-mail. At this time, we will confirm your spot, and set up a time to personally meet, for your FREE health assessment at our boot camp facility. Any concerned questions regarding form and technique may be addressed and answered.

This meeting and health assessment is available to you at no extra charge, it is your chance to personally meet your trainer, and understand what will be expected from you at camp. Where else can you have:

** Your own personal trainer!*

**Online support!*

**Weekly boot camp newsletter!*

** Nutritional advice!*

**Recipes that you need to be cooking!*

**Body measurements and assessments!*

**A new fit and toned body!*

** Great friendships!*

Commit To B Fit and Join Today!

March Session Starts: Monday, 2nd to Friday 27th.
Get Spring Break, and Tank Top Season Ready!

April Session Starts: Monday, 6th to Friday, May 1st.
Serious Swimsuit Season Is Here!

May Session Starts: Monday, 4th to June 1st.
(No Boot Camp Memorial Day the 25th.)

Turning Up The Heat To Burn Some Fat!

June Session Starts: Tuesday, 2nd to June 29th.
Looking Hot, Hot, Hot For Summer Vacations!

July Session Starts: Monday, 6th to July 31st.
Let us transform your body in just weeks!

August Session Starts: Monday, 3rd to August 28th.
Schools back in session, and so is your training!

September Session Starts: Wednesday, 2nd to September 30th.
Labor Day- No Camp-

October Session Starts: Monday, 5th to October 30th.

November Session Starts: Monday, 2nd to November 30th.
No camp Friday, the 27th - after Thanksgiving

December Session Starts: Tuesday, 1st to December 30th.
No Camp December 25th and 31st

January 2010 Session Starts: Monday, 4th to January 30th.
This is your year to make those fitness goals!!

February Session Starts: Monday, 1st to February 26th.



