Thanks for your interest in the “Merry Fitness” Session of Tabata Bootcamp™!

The 8 Week Session will run from October 28-December 20, 2014

The cost is:

* $99 for Members of U.S. Fitness.
* $165 for non-Members (this includes a single “day pass” to U.S.F. good for the same day as your Bootcamp session).
* Payment, or agreed upon partial payment, is due on or before October 24th.
* IF there are openings in a session and you choose to add an additional class, each one is **$6.**

For this price, you receive:

* 16 Small Group Personal Training Sessions (each limited to 4 people), 2 sessions each week of the Bootcamp
* Pre- and Post-Measurements and Fitness Assessments
* A “Challenge” each week, meant to enhance your results, that you can work on out outside of the gym
* Eight weeks of website access, with daily 6-minute Tabata workouts, nutrition advice, meal plans/recipes, food tracking and more!
* Once you complete the online registration, I will give you $10 back (monthly fee for online option is $4.99) making your final cost for the 8 week Bootcamp just $89!
* A “Figure 8” tube to use for your daily online workouts. At the end of the session, you can choose to purchase your tube or return it to U.S.F.
* Most importantly, you will get RESULTS!!!

Sessions will be offered on the following days/times:

* Monday, Thursday, and Friday at 5:00 P.M.
* Tuesday, Thursday, and Saturday at 9:00 A.M. (Exception, Thanksgiving Day, Make up times TBD)
* IF these days/times don’t work, please contact me! If there is enough interest more days/times could be added to accommodate more Bootcampers!
* All dates **MUST** be secured, with payment, by Oct. 24th and will be accepted on a first come, first serve basis. Please stop in at the gym and speak with Melissa to get scheduled.
* It will work best if you can stick to the same 2 days each week, but I will do what I can to accommodate as I understand we all have hectic schedules.
* I understand, too that things come up and should you have to miss a workout, I will do my best to help you get it made up.

**\*\*\*NEW!!** Current Bootcampers who refer a new Bootcamper save $5 on their Bootcamp Fee ($94/$160)!!\*\*\*

The Tabata Bootcamp Program recommends the following:

* 1 Day of complete rest (from workouts…we all know a complete “off” day is about impossible!!)
* 1 Day of Steady State Cardio (brisk walking, jogging, biking, etc for ~40+minutes)
* 2 Days of Tabata Bootcamp Training
* 3 Days of active recovery (yoga, additional strength training, jogging, walking, Zumba, etc)
* I suggest you give yourself a day between Tabata workouts if possible.

Links for more information on Tabata Bootcamp

<http://www.tabatabootcamp.com/about-tabata-bootcamp.php>

<http://www.tabatabootcamp.com/faq.php>

<http://www.tabatabootcamp.com/about-mindy.php>