

Looking to lose weight, lose inches, get fitter, or just feel better? Fit Camp is the right choice for you!

FIT CAMP

Starts January 31st!

4-Weeks of customized, personalized, and supervised ATTENTION!

"Step by Step... Inch by Inch... Pound by Pound"

"I went from barely running a few miles to gaining the motivation to run my first half marathon!" (43 yr. old female participant)

"I lost 180 pounds over 2 1/2 years because of Fit Camp; having the support of others, access to professional advice, and the extra attention given in the personal training sessions kept my drive alive" (40 yr. old male participant)

"I needed to lose about ten pounds; being accountable to a program like Fit Camp helped my motivation each day" (20 yr. old female participant)



Includes:

Four **1-on-1 Personal Training** Sessions

Nutrition Guidance

Up to 12 **Group Training** Sessions

Coaching Support

Weekly **Weigh Ins**

Fun Fit Challenges

Personal Weekly **Workout** Prescriptions

Most % **Weight Loss** Winner

Challenge Winner **Recognition**

Personal Trainer: Kristy Balfour

Contact Kristy at kristy@club1pittsburgh.com

Register for FIT CAMP today for only \$365!



CLUB ONE FITNESS

FIT CAMP

Name _____ Birthdate _____

Phone _____ Gender: Male Female

Email _____

Pre register at front desk. Payment: Check Credit Card House Charge

Date: _____

*Attach receipt to form and put in Renee's mailbox.

Transaction Code: 2391 (Small Group Training)

Primary Objective: Weight Loss (less than 20lbs)
 Weight Loss (More than 20lbs)
 Sports Performance
 Feel Better & Be Fitter