



Be Some Body



Holiday Boot Camp



Join Holiday Boot Camp and supercharge your body and mind to pursue a healthy and strong version of you. You will experience a high energy class that will test your strength and cardiovascular endurance. The class can be modified as well as raising the bar of a challenge for that extra push. Experience the most effective way to exercise in melting away fat with High-Intensity Interval Training (H.I.I.T.) including core work, plyometrics, and strength training.

I need you to be COMMITTED! We meet every Wednesday at 6:20 - 7:20 pm on Zoom. You are allowed two Wednesday make-ups and you also select **9** extra classes to take additional to the **7** classes on Wednesdays! If Wednesday evenings don't work with your schedule or maybe you aren't thrilled with a real intense class, but you want the commitment of guidance of taking 16 classes in 7 weeks then Customized Boot Camp is your program!!

Each person will have a Zoom personal pre and post-meeting to document a strength fitness assessment and anthropometric measurements for guidance in efforts to follow your progress. The Autumn Boot Camp empowering team will have a personal email group to exchange lifestyle tips, recipes, and nutrition advice with Coach Melissa moderating the forum/ group chat. We will be accountable and mindful in recording our daily food and water intake on the Fitness Pal app. You will have Coach Melissa offer recommendations to assist with you staying the course. You will meet great people who share the same vision of striving to reach their goals for a healthier mind and body. You will gain valuable insight on how to make exercise and a healthy lifestyle permanent and enjoyable part of your life!

11/11- 12/23 (7 weeks) 16 classes \$280