



*Are you ready to get moving in the New Year?*

*Do you want some changes in that old routine?*

*Do you want to get the most you can out of an hour's exercise?*

*Are you motivated by working out with old friends and making new ones?*

**Then Randeem Fit's Starter Boot Camp is for you!**

### **Just what is Boot Camp?**

Boot Camp is a term derived from military style outdoor training. My camp is fun and exhilarating and will challenge every aspect of your health and fitness by packing a maximum exercise inside a teensy weensy hour by the lake.

Using a circuit form of training, we will incorporate jumping, jogging/walking, calisthenics, push-ups, squats, and balance work into a routine that utilizes our own bodies, bands, balls, and the natural steps and walls afforded by the Hike and Bike Trail. There will be lots of rest periods throughout to keep everyone on an even keel.

Be not afraid!! I am not training Olympians! My mission is to work with those who want to get a jump start in the New Year or are looking to shake up that tired routine. I want you to *want* to exercise because you have proof that the results are worth the work!

This is TOTALLY for all levels. Beginners needing low impact will fit right in with those wanting to kick it up a notch.

Interested? What have you got to lose – or is that a silly question?

**WHEN:** 8-9 am, Saturdays, January 12, 19, 26, Feb 2

**WHERE:** Eilers Park, next to Deep Eddy Pool, 401 Deep Eddy Ave.

**HOW MUCH:** \$10 per session

**CONTACT:** [Randeem@randeemfit.com](mailto:Randeem@randeemfit.com)

**LIMIT OF 8 PARTICIPANTS** so sign up now!