

Ask about our  
Corporate  
Wellness  
Programs!



**BOOT CAMP**

HAWAII

*with Emily Boll*

**Set Goals & Get Results**

with our 8-week Fitness Challenges for 2012!  
FEB 27-APR 21 • APR 30-JUN 23 • JUL 22-AUG 25

**5 CLASSES  
of BOOT CAMP  
FOR \$5**

**New Student Offer!**

**BE HEALTHY • BE FIT • BE YOU**

[www.bootcamp-hawaii.com](http://www.bootcamp-hawaii.com)

## CLASS SCHEDULE: FEBRUARY 27 – AUGUST 31, 2012

|         | M                 | T                  | W                       | TH                      | F                 | SA                      |
|---------|-------------------|--------------------|-------------------------|-------------------------|-------------------|-------------------------|
| 5:30AM  | HIIT & Tight Body | Cardio & Quickness | Advanced Boot Camp      | TRX Suspension Training | Beach Power Yoga  |                         |
| 6:35AM  | HIIT & Tight Body | Cardio & Quickness | Advanced Boot Camp      | TRX Suspension Training | Beach Power Yoga  |                         |
| 6:45AM  | Strong & Flexible |                    | TRX Suspension Training |                         | Kickbox Boot Camp | (7AM) Strong & Flexible |
| 12:00PM | HIIT & Tight Body |                    | Advanced Boot Camp      | TRX Suspension Training |                   |                         |
| 5:00PM  | HIIT & Tight Body | Kickbox Boot Camp  | Advanced Boot Camp      | TRX Suspension Training | Kickbox Boot Camp |                         |
| 6:05PM  | HIIT & Tight Body | Kickbox Boot Camp  | Advanced Boot Camp      | TRX Suspension Training | Kickbox Boot Camp |                         |

### CLASS LOCATIONS

**A** 5:30AM & 6:35AM – Ala Moana Beach Park Lifeguard Stand 1D  
**M** 6:45AM – Moanalua Community Park  
 7:00AM – SATURDAYS – Boca Hawaii

**P** 12:00PM – Kalo Place Mini Park  
**M** 5:00PM & 6:05PM – Magic Island

**FREE 15-minute Getting Started Classes:** Free introductory class open to new students on every last Monday of the month! (Starts 15 minutes before regularly scheduled classes.)

### CLASS FEES

|                            | Drop-in | 2x / week | 3x / week | 3-month | 6-month | 12-month |
|----------------------------|---------|-----------|-----------|---------|---------|----------|
| Total                      | \$20    | \$250     | \$300     | \$399   | \$600   | \$899    |
| Cost per Class / per Month | \$20    | \$15.63   | \$12.50   | \$133   | \$100   | NA       |

★ Earn up to **\$100** when you refer your friends! ★ *Memberships include before and after weigh-ins.*

Ask about our **Corporate Classes & Rates • Nutrition & Cooking Classes**  
 Check out [www.bootcamp-hawaii.com](http://www.bootcamp-hawaii.com) for the schedule