

“Strong is the new Sexy”



May 2011 Women's Only Boot Camp will run May 2nd –27th, 2011. Classes are Monday, Wednesday, Friday & Saturday!

Do you want to show your husband what Strong & Sexy looks like?

Boot Camp isn't just for the soon to be brides! This program is perfect for the mothers and daughters who wants to get back in shape.

This Boot Camp is a great way to get fit while having fun in a supportive atmosphere. By training at FAST you can get the lean toned body that you deserve. You'll also have fun and enjoy meeting like-minded motivated people. We've trained everyone from children to distance runners to elite athletes. Boot Camp is for individuals who are committed changing their life in a positive supportive atmosphere.

Frequently Asked Questions about our boot camp:

Q: What are the times available?

A: They will be Monday, Wednesday, and Friday, **5:45-6:45 am or 7:00-8:00 pm**. For 1 hour each day. For this boot camp there will be only these times available, but check back for future boot camps if this time doesn't work for you. We will also be offering a June, July and August Boot Camp. However the earlier you begin the better results you will see.

Q: How Much does it cost?

A: It will cost a total of \$165.00—this is only a little over \$10 a class!! An hour with a personal trainer is typically

\$50-\$75!

\$50.00 Early Bird Discount April 1st

Q: What kind of results can I expect?

A: If you're consistent and disciplined with your eating and you attend all the workouts you can expect to lose 10-30lbs and drop multiple clothing sizes. You'll also be more energetic and healthier overall. Physically you'll gain core strength, lose fat while gaining lean body mass, and increase your strength, coordination, and agility.

Q: What's a daily workout session like?

A: Every workout is different. Our warm-ups usually consist of light calisthenics, followed by total body exercises to prepare your system for the upcoming session, and we culminate with exercises to cool the body down.

Q: What if I can't perform a certain exercise?

A: We will give you a modified alternative to strengthen your body.

Q: Will you yell at us? I'm scared!

A: Abuse, harassment – we don't go there, even if you want us to. We know how to positively motivate. More than anything we lead by example and create an atmosphere of excellence, discipline, and motivation.

Q: What do I need to do to get started?

A: You'll need a water bottle, comfortable athletic clothing, and a hand towel.

Q: Who can/should attend?

A: Boot Camp Fitness is designed for all fitness levels. You don't have to be fit to start. We'll have elite level athletes working hard right next to a stay at home Mom who is recovering from her last pregnancy. We establish a baseline during week two which you'll repeat every Monday so you can measure the progress you're making.

Q: So, what's next?

A: Sign up or if you have any question email me at jswanson@fasteliteathletes.com

Q: What happens after I finish my month long boot camp?

A: Once you have completed boot camp, we are confident that you will be ready and excited to join our Level 1 Classes. This is a mixed class with both men and woman training who are among similar athletic levels.

Thanks,

John W Swanson

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