

# Anatomy of a Boot Camp by Nicole....

## ***Boot Camp by Nicole is an experience like no other!***

Fuel 4 Life Boot Camps are for all ages and fitness levels. Whether you are new to exercising or cross training for a triathlon, or 20-60+ years of age, Fuel 4 Life's small and tailored classes make it easy for you to be coached at any level.

In each six week program, Nicole, and her passion for proper technique and form, guide you through 1 hour expeditions outside, in all manner of weather, in some of the finest parks Sooke, B.C. has to offer.

Utilizing the best of Mother Nature, and some sturdy park benches, **Boot Camps by Fuel 4 Life** allow you to build muscle and lose inches through full body exercises combined with cardio moves and strength training.



This is about achieving YOUR personal best, spending time outdoors breathing in the cleansing West Coast air, while improving your strength and boosting your self esteem and self confidence.

Most of all, it's about having fun, the enjoyment of an active outdoor lifestyle, and the wellness it helps you to create and maintain in your life.

*Come on out and join us, but, do be prepared to surprise yourself with what YOU can accomplish in 6 short weeks!!*

### **TIMES & LOCATIONS OF THE CURRENT BOOTCAMP**

**TUESDAY & THURSDAY 6:00 – 7:00pm**

**THURSDAY MORNING 9:15 – 10:15am**

**SATURDAY MORNING 8:30 – 9:30am**

### **LOCATIONS:**

Tuesday May 11 Galloping Goose (the parking lot with the washrooms, across from the trailer park)

Thursday May 13 AM: Murray Road (parking lot for the Board Walk); PM: Journey Middle School

Saturday May 15 Ella Beach (Turn left off Westshore Road on to Ella Road towards the ocean)

Tuesday May 18 Sunriver Estates Parking Lot

Thursday May 20 AM: Austin Stairs (Whiffin Spit Rd right onto Deerlepe which turns into Austin Road)

Thursday May 20 PM: Austin Stairs

Saturday May 22 No class~ long weekend

Saturday May 29 Journey Middle School

**Tuesday May 25 New Round of Boot Camp**

**Phone or Email to Register**

## **First Time to Boot Camp**

**Full Price**

**2 x per week**

**\$144.00**

(+gst \$151.20)

**3 x per week**

**\$216**

(+gst \$229.80)

## **2nd Round of Consecutive Boot Camp**

**Save 10%**

**2 X per week**

**\$ 129.60**

(+gst \$136.08)

**3 X per week**

**\$194.40**

(+gst \$204.12)

## **3rd Round of Consecutive Boot Camp**

**Save 20%**

**Drop-in**

**\$15**

**Punch Card of 10 Classes**

**\$120**

(+gst 126.00)

Expires April 24