

Starts July 6!



FIT★CAMP
CHALLENGE
INSTITUTE FOR HEALTHY LIVING

It's time to turn up the heat! Looking for a fun way to reduce body fat, increase muscle strength and build endurance? Then sign up today for Summer Sizzle, round three of the Fit Camp Challenge. Lose inches and feel great!

Includes:

- *20 classes per week**
- *Pre- and post-Fit Camp measurements**
- *Fit Camp t-shirt**
- *8 nutritional classes**
- *New format, new prizes & new intensity**

Stop by the member service desk to register or request additional information.



Starts July 6th!

It's time to turn up the heat! The Institute for Healthy Living is proud to announce round three of Fit Camp Challenge, the **Summer Sizzle**. We are presenting eight exciting weeks designed to elevate each participant to their best level of fitness. We offer 20 high intensity group fitness training classes per week. All group sessions are specially designed to rev up your metabolism, maximize your fitness potential and increase your energy levels throughout the day.

Summer Sizzle will bring new adventures with improved nutrition classes, new materials, enhanced exercise formats and more prizes, including one-on-one training sessions with your choice of Fit Camp instructor. Participants will see the results of their hard work in improved strength, accelerated cardiovascular endurance and a boost in confidence. Your current level of fitness is not important - we will guide you to reach your potential by pushing you to your limits and beyond! Register for **Summer Sizzle** today by contacting the member service desk in person or at (903)323-6500.

Fit Camp Includes:

- *20 classes per week with unlimited participation
- *Pre- and post-Fit Camp biometric evaluations
- *Discount on a Metabolism assessment
- *Fit Camp Challenge t-shirt
- *Fit Camp Challenge finishers t-shirt (for those who complete the program)
- *Weekly nutritional seminars
- *Prizes for the best results and best competitor
- *Non-Institute members receive full access to the facility for the 8 week duration of Fit Camp
- *A chance for you to get fit and have fun!

Save the Date!

Fit Camp Information Orientation
July 2, 7:00 - 8:00 p.m.

Pre-Fit Camp Measurements
June 29 & 30 and July 1, 5:00 - 7:00 p.m.

Please come to the upstairs trainer's desk to have your measurements taken, which will require 15- 20 minutes.

8 Week Fit Camp Program Enrollment Rates:

- *Institute for Healthy Living Member - *Individual*, \$99.00
- *Institute for Healthy Living Member - *Child (13-17 years)*, \$60.00
- *Institute for Healthy Living Member - *Husband and Wife*, \$175.00
- *Institute for Healthy Living Member - *Returning FitCamper*, \$60.00
- *Non-Institute Member, \$299.00
- *Non-Institute Member - *Husband and Wife*, \$499.00