

**Fitness
For Living**

BOOT CAMP & POWER YOGA

**2 EFFECTIVE PROGRAMS
TRANSFORM YOUR BODY IN 5 WEEKS**



Designed for ALL Levels—You Can Do It

Featured on NBC's Today Show

“The most FUN you can have getting in Shape”

BVSD Special - Save 20% off your first Camp session

As low as \$103 for 5 Weeks

Up to 4 Convenient Class Times a Day

*Boulder * Louisville * Lafayette * Longmont*

Try a Free Trial Class

Sample the Boot Camp or PowerFit Yoga Experience

[Register for a Trial Class](#)

Give us 5 weeks and we will pump up your health, fitness and vitality to a level that you previously thought unreachable. Experience the fitness program featured on NBC's Today Show and the winner of Yellow Scene Magazine's Best Training Award three years

running.

We know BVSD Employees schedules can be a challenging and we work with your schedule. You are welcome to mix and match our different class times and even our different locations. And if you need to miss a class, you are welcome to make up that class during a future session. We have been working with busy adults for 9 years and pride ourselves in making a difference for each of our campers.

We offer 2 unique 5-week fitness programs – **Fitness Boot Camps** and **PowerFit Yoga Camps**. Each program is far more than an exercise class; these are comprehensive wellness programs and are detailed below. Our classes are held outdoors from April – October and indoors November – March.

We even guarantee your satisfaction – join us for a week and if you don't find Boot Camp or PowerFit Yoga to be right for you we are happy to refund all fees paid. What do you have to lose a few pounds.

Talking of pounds, scroll down to read comments from our past campers.

Visit our website www.fitliv.com for complete details

Questions? Call David at 303-550-3491 or bootcamp@fitliv.com

Fitness Boot Camp

This comprehensive program includes 15 hours of class time, pre and post fitness assessments, body composition test, 21-day meal plan with recipes, and Nutrition & Healthy Lifestyle email series. Led by a Personal Trainer, groups are small, averaging just 10. Adults of all fitness levels will be challenged with activities that include circuit training, obstacle courses, trail days, games and more. You will lose weight, tone up and increase strength and endurance while having a blast with other supportive campers. Nine years of proven results – you can do it!

Classes meet 3 times a week on Monday, Wednesday and Friday.

PowerFit Yoga

PowerFit Yoga is a unique blend of yoga and conditioning interwoven into a mind-calming, body-challenging and spirit-soaring experience. Based on a flowing Vinyasa-style yoga, PowerFit Yoga incorporates the best principles yoga, Pilates and sports conditioning. Each class is different and is appropriate for the first-timer and experienced yoga practitioner alike.

The flowing yoga sequences often include dumbbells and deeper and longer held poses to test and condition one's cardio, strength, core, balance and range of motion - all seamlessly done with mindfulness, breath and intention. This energetic, fitness-based approach to yoga is ideal for people who want to lose weight, reduce stress, improve back health or simply increase overall health and well-being.

This comprehensive program includes 10 hours of class time, 21-day meal plan with recipes, weekly Yoga Poses of the Week emails, and Nutrition & Healthy Lifestyle email series.

Classes meet 2 times a week on Tuesday & Thursday

Words from Our Campers

"I have experienced amazing results through boot camp & am a big "evangelist" of the program. I've lost close to 30 pounds, gone down at least a size, and am in the best shape of my life at 40. I've also lost quite a few inches (need to measure again!) and fat percentage points. I have developed good relations with Jenn and other folks in boot camp. If I miss a class, they know it and are concerned. We laugh together and can push each other to a new level."

Liz L

"I plan to keep taking classes until you don't offer them anymore. They have changed my life, my body and my lifestyle. I am very grateful. This class has done more for my body than all of the sports I have played in the past so I am not quitting anytime soon."

Jan M

"The instructor was the best yoga instructor that I've ever had regarding her descriptions of what to do. As a novice, that's very nice so that I can listen instead of having to look at everything she's doing."

Pamela

"I've tried many different formats to get into shape, and I run regularly on my own. I've never felt so strong and fit after taking this 5 week course. In fact, I felt results in only 2 weeks."

"Linzee is WONDERFUL. Such a great teacher. She pushes us yet is kind and encouraging -- not a drill sergeant. The perfect combination. I come away from each class feeling refreshed and invigorated. Even though it's relatively early in the morning, and I'm often reluctant to drag myself out to go, I know I will come away feeling so alive, so ready to meet my day with more energy. I will definitely sign up to do a yoga class with Linzee again."

Wendy R.

I loved this class. It was challenging, but not impossible, and really helped me kick off my pursuit of getting back into shape. Being outside to do yoga is heavenly. My metabolism kicked into high gear once I started this class. It definitely helped my flexibility and helped balance my back challenges.

Connie

"Since I started at the 1st of the year, I've dropped 13 lbs. and my middle looks better. Still needs more help and I'm staying with it. Thank you."

Gregg R.