

A New Body. A New You!

TABATA **BOOTCAMP™**

Tabata Bootcamp is coming to Community Fitness!

Tabata Bootcamp takes small group training to another level. Wendy McKenney will teach the group highly efficient and effective exercises, and provide sound nutrition advice with a focus on creating positive, healthy habits. The group will meet three times per week, for a 30 minute Tabata class, and participants will have access to the Tabata Bootcamp Website, 24/7! The website will feature a different 6 minute Tabata Workout for the entire 8 weeks!

Fitness assessments (including weight, measurements, BMI) will be performed every two weeks.

Cost is \$99.00 (due on 3/9)

Access to the website: \$4.95 per month

Total Cost for the 8 week Program is \$108.90

Class Size is limited to 12 people, so contact Gayle or Wendy to reserve your spot!

Sign up for Tabata Bootcamp™ Today!

Fitness Facility or Company Name:

FRIENDS OF COMMUNITY FITNESS

Tabata Bootcamp™ Instructor:

WENDY MCKENNEY

Bootcamp Duration:

8 WEEKS BEGINNING 03/09/15

Bootcamp Class Days/Times:

TUES@5:00PM, THURS@6:45PM, SAT 9:30AM

www.TabataBootcamp.com

HIGHER INTENSITY. SHORTER DURATION. POWERFUL RESULTS!



**IT WILL CHANGE HOW YOU THINK ABOUT FITNESS
AND TRANSFORM YOUR BODY**

TABATA BOOTCAMP™

Experience Tabata Bootcamp™!

Based on the most current research in fitness! This revolutionary 8-week program combines bootcamp fitness with the **hottest trend to hit the scene** - High Intensity Interval Training. You can get your workout done in **half the time**, and boost your metabolism to keep burning calories for hours after your workout is over.

- Personalized **results-driven** program that targets your individual goals
- Increases your strength, endurance, flexibility, and cardiovascular fitness
- Workouts that are never boring, take half the time, and **change your body** for LASTING results
- Group support in a small group training environment - to keep you on track for success!
- 24/7 website access, to track your progress and interact with your trainer and fellow bootcampers



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TABATA BOOTCAMP™

Experience Tabata Bootcamp™!

Tired of the same old workouts, with no results? Join Tabata Bootcamp™! Tabata Bootcamp™ is an 8-week bootcamp program that will get you in the best shape of your life! This program combines the effectiveness of bootcamp fitness with the hottest trend today... High Intensity Interval Training.

Tabata Bootcamp™ is specifically formulated to fit every fitness level, from beginner to advanced. Lose inches and sizes, and get the body you want.

Get ready to sweat and succeed with results you can see!

Sign up for Tabata Bootcamp™ Today!

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Tabata Bootcamp™ Instructor:

WENDY MCKENNEY

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TABATA BOOTCAMP™

What does Tabata Bootcamp™ have to offer your facility?

UNIQUE PROGRAMMING IN SMALL GROUP TRAINING

Tabata Bootcamp™ is the most cutting-edge approach to hit the fitness industry. It's a revolution in small group training that combines cutting edge High Intensity Interval Training (HIIT) exercise, sound nutrition and the latest in behavioral science. Every aspect in how Tabata Bootcamp™ is taught reinforces positive change and strengthens the bond with the trainer to create long term success and long term clients. It's FAR FROM your average bootcamp class!

UNIVERSITY TESTED TRAINING

The Tabata Bootcamp™ workouts have been tested in clinical studies through a joint effort by two medical universities. The short duration workouts were shown to burn an average of 5x more calories AFTER their exercise is over. Additionally, short burst workouts and combination with 30 and 60 minute workouts were put through a single blinded randomized study demonstrating their effectiveness in providing weight loss and fitness.

A COMPLETE PROGRAM

Tabata Bootcamp™ takes small group training to another level. It not only offers highly efficient and effective exercises, but it also combines them with the latest science in behavioral change and the effect that small group cultures have on fitness success. When it comes to healthy eating, Tabata Bootcamp™ reinforces sound nutrition with a focus on creating positive, healthy habits. Additionally, Tabata Bootcamp™ provides around the clock support with an advanced members website, and individual assessments through the trainer and online self-tracking tools.

REVENUE ENHANCEMENT FOR YOUR FACILITY / BUSINESS

The program is conducive to a fee-based program, like small group training. For example, the fitness facility or trainer charges the bootcamp attendees a flat fee for the 8 week bootcamp program. You set the price for your bootcamps and collect the fees. Tabata Bootcamp is not involved in these transactions. In other words, 100% of the bootcamp fees are your revenues. Alternatively if a facility chooses to include the cost as part of the membership, rather than fee-based, then the program is considered a "value added" bonus and further incentive for prospective customers to join the facility.

NO ONGOING COSTS FOR THE TRAINERS OR FACILITIES

There are no re-certification fees for trainers. Ongoing education support is provided online for trainers. As long as trainers are actively running bootcamps on the Tabata Bootcamp™ website, they will be considered in good standing and will maintain certification. The only fee Tabata Bootcamp™ receives is a \$9.99 fee which is paid by the bootcamper to access the website during the 8 week bootcamp. The transaction is managed separately on the website when the bootcamper first logs on. There is no fee for trainers to access the website and utilize the website to manage their bootcamps.

BRAND SUPPORT

The Tabata Bootcamp™ members' website that bootcampers visit each day for daily workouts and tips, is customizable to feature your facility's logo as the leaderboard, so members will be reinforced with your brand message on a daily basis. In other words, the website operates as a virtual extension of your brand.

EASY TO IMPLEMENT & MANAGE

Tabata Bootcamp™ is easy to implement and manage from all levels – as a national corporation, a privately owned facility or an independent trainer. You'll receive everything you need to launch and manage your Tabata Bootcamp™ program. And it all starts by attending a one day certification class. Log on to the website to find an upcoming certification near you.

