



UNDERWOOD'S BOOTCAMP

Strong bodies, Happy Minds, Healthy Lives

Next Challenge Begins ~ NOW

Come try your first class with no commitment.

YOU WILL INSPIRE AND BE INSPIRED BY OTHERS.

Make an investment in you. Get out of your comfort zone. Get your adrenalin flowing. You will enjoy the positive coaching, the small group training and the camaraderie of great women. You be in charge of your fitness and let me give you the tools for success.

Will I be able to do this if I am not that fit?

Everyone can do this class. What your mind perceives your body will achieve. No-one will be left behind or asked to do more than they are not capable of doing safely, nor will you go home unchallenged. Women of all ages and abilities are able to participate. I will adjust all workouts according to any personal limitations. I will return your money if you believe otherwise.

What will we be doing? You leave that up to me.

You will be getting fit, toned and strong. You will gain more confidence and feel empowered. You will strengthen and condition using your own body weight, free weights, machines, kettle bells, ropes, TRX, stability balls, tires, and hula hoops just to name a few. You focus on your goals and I will help you get there. You will keep your body guessing. Each class is a mystery and this is how your body makes great changes. I will have you doing things you didn't think you could do.

You will laugh, you will struggle, and you WILL push yourself. You will feel great about you!

Why should I take this class? You will make dramatic improvements in your overall mental and physical health. You will enjoy the great work outs and the results you will see. I can list all the information about weight loss etc. but I think you already know all that. What I do know is this ~ you will like the personal attention, the small group training, and the variety of work outs to keep you moving and thinking. You will achieve your own personal results by working in a team atmosphere surrounded by women who share the same vision... to reach the common goal of a healthier mind and body.

I invite you to join us and be part of Underwood's Boot Camp and realize your potential as a committed athlete and devoted teammate. **Note**

Days: Monday & Thursday Evenings

Time: 5.30 pm 8 week program

Place: 9 Squirrel Run Road, Plaistow NH

Cost: One class/week \$88.00 two classes/week \$160.00 Drop in \$12.00 per class

Vanessa Underwood, CSCS, AFAA, CPT

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