

**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

Join Tabata Bootcamp™ Today!

Fitness Facility or Company Name:

Tabata Bootcamp™ Instructor:

Bootcamp Duration:

Bootcamp Class Days/Times:

www.TabataBootcamp.com



HIGHER INTENSITY. SHORTER DURATION. POWERFUL RESULTS!