



## Rates

### **BOOTCAMP PROGRAM\***

12 Sessions: \$86/month + tax  
16 Sessions: \$123/month + tax  
Unlimited Sessions: \$160/month + tax

### **BCFB PROGRAM\***

4 week training session: \$120 + tax  
8 week training session: \$220 + tax  
12 week training session: \$320 + tax

### **STEP-IT-UP PROGRAM\***

1 session/week: members \$6;  
non-members \$10

### **BOOTCAMP SURVIVOR PROGRAM\***

12 sessions: \$60/month + tax  
To qualify for this program:  
Women-body fat must be 26%-29%  
Men-body fat must be 16%-19%

### **FOREVER FIT PROGRAM\***

unlimited sessions: \$40/month + tax  
To qualify for this program:  
Women-body fat must be 21%-25%.  
Men-body fat must be 11%-15%.

\*Your payment is due the day of your orientation in the form of cash only.  
Checks will not be accepted on this day.

\*Only one special per orientation may be used.



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## Welcome to Fit4Life Boot Camp!

Don't expect to walk away just 10 pounds lighter here. This is not your typical aerobic class. Fit 4 Life boot camp & fitness center is designed to help you achieve all of your fitness goals by challenging your cardiovascular system and improving your cardiovascular input. We focus on muscular strength and endurance with resistance training, proper stretching techniques and healthy eating habits. With our program expect to lose weight, reduce body fat, tone muscles, and improve your self esteem and confidence.

Fit 4 Life is here to support you. Our program can change your life—and it helps that you don't have to do it alone. You can become part of an energized, motivated group that will encourage you to keep pushing and never give up. You don't have to feel intimidated, we are here to support everyone.

Become the healthy, toned and strongest you possible!

What are you waiting for? Call, email or register online today. We're looking forward to meeting you! **DO IT 4YOURSELF. DO IT 4 LIFE.**

## About Fit 4 Life

by Felicia Short, Owner

I started Fit 4 Life for several reasons. I had been struggling with my weight for several years. I tried a few of the diets that were popular. You know, the ones where all you eat is protein and no carbs, the cabbage soup diet, the diet pills, the liquid diet, just to name a few. None of them ever worked for me. The good thing was that I never stayed on those diets for more than a week or two.

I also grew tired of watching the television set only to be interrupted by a commercial selling diet food, diet pills and other so-called quick fixes. There are no quick fixes. You didn't put the weight on quickly, so why expect it to fall off quickly—especially if you are not willing to put forth any effort to make weight loss happen.

I made all kinds of excuses: I can't work out. I don't have the time. It's just baby fat. I made excuse after excuse until one day I said no more, I am not going to live the rest of my life unhappy with the way I look and feel. I'm not going to increase my chances of diabetes, heart attack, stroke, high cholesterol and other diseases. I have children to think about. If I didn't change my bad habits, then they're going to adapt the same behaviors.

A lot of times people will say "it runs in my family." If your parents are unhealthy and didn't exercise, then the chances are you're going to mimic the same behaviors. With 119 million or 64.5% of adult Americans overweight or obese—and the numbers steadily increasing—we need to make some changes.

I started going to a weight management program, working with a personal trainer. I learned how to cook and eat healthier and I must say, this has been the best I've felt in a very long time. Personal trainers can be very costly at times and I know most people just cannot afford a personal trainer 3-5 times a week. So, I decided to start a program called Fit 4 Life.

You only have one life to live; live it to the fullest. Don't worry about a personal trainer. This is like personal training in a group setting. You get the best of both worlds: group motivation and affordable personal training. We will help you achieve your goals.

We also offer the BCFB (Boot camp for Beginners) program. BCFB is not as challenging as our regular boot camp class. However, the class offers great results in cardio, strength and flexibility. Choosing any of the programs at Fit 4 Life could be one of the best decisions that you could ever make for yourself.

## Recent Success Stories!

*Kennita Payne lost 80-lbs! | Jeffery Carter lost 60-lbs!*



*Desiree Hunter lost 30-lbs! | Darletta Rubin lost 50-lbs!*



*Stacy Childs lost 70-lbs! | Lanika Williams lost 25-lbs!*



*Antoinette Howard lost 40-lbs! | Karolyn Smith lost 40-lbs!*



**Felicia Short**

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