



MOUNT ALLISON FIT CAMP

**NEW
SESSION!**
Make this
new year
YOUR year

We Make Each Other STRONG

What is FIT CAMP?

- A personalized approach to your fitness to give you real and sustainable results
- FIT CAMP's 6 week program includes two sessions per week (Monday and Wednesday, 6:30PM-7:30PM) supplemented by a complete workout plan, nutritional guidance and results monitoring to promote success
- A variety of training methods will be used to ensure that results continue at every stage
- Motivation where you need it and when you need it with on-line support from the trainer and peer support from within the group
- FIT CAMP has only 20 spots available....don't miss your chance for real change

CAMP INSTRUCTOR: Karen Arsenault, MTA Fitness Instructor
Certified Personal Trainer and Group Fitness Instructor

DATES: January 23rd – February 29th, 2012

COST:
Members - \$120 + HST
Non-Members - \$140 + HST

Commit to
Yourself

Be YOUR
healthiest
you

CHANGE
YOUR
Life

**REGISTRATION NOW OPEN, please visit Jill Yorke on the 2nd floor of the Athletic Centre.
For questions call 364-2401.**