

NOW AT THE PROMENADE AT COCONUT CREEK:

Adventure Boot Camp is an
affordable 4-week outdoor
program that makes fitness fun!
Prepare to see amazing weight
loss results FAST!!!

COCONUT CREEK **ADVENTURE** BOOT CAMP FOR WOMEN

- Lose 3-5% BODYFAT!
- Improve your STRENGTH and SELF-CONFIDENCE!
- Everyone is SUCCESSFUL!

FREE PASS
Bring in this Coupon for
1 FREE week
at Boot Camp!

JOIN TODAY!

ALL
FITNESS
LEVELS
WELCOME

1 Visit our helpful website at
CreekBootCamp.com for the
next camp date and location.

2 Fill out the registration form
and pay online through our
secure payment system.

3 You will be contacted by phone
or email to schedule your
pre-camp evaluation.

4 Get ready to have the time of
your life in the ultimate "out
of gym" experience - Boca
Adventure Boot Camp!

Creek Adventure Boot Camp
a division of The Exercist, Inc.

Email: Info@CreekBootCamp.com

Phone: 954.732.0137

CreekBootCamp.com

COCONUT CREEK **ADVENTURE** BOOT CAMP FOR WOMEN

NOW AT...

The
PROMENADE
at
COCONUT CREEK

**JOIN THE
ADVENTURE!**

www.CreekBootCamp.com

COCONUT CREEK FLORIDA ADVENTURE BOOT CAMP FOR WOMEN

FOUR WEEK OUTDOOR TOTAL FITNESS TRANSFORMATION



Coconut Creek Adventure Boot Camp is a four week outdoor program that offers fitness instruction, nutritional information and motivational training, packed with fun and energizing activities designed to help you reach your fitness goals. This exciting program was developed in Orange County by Dr. John Spencer Ellis and now, fitness expert **Renee Rosenthal** brings **Adventure Boot Camp** to the Coconut Creek area! Come join the adventure, and experience a new level of strength, endurance, self-confidence, and well being.

WHAT'S INCLUDED

- » 20 One Hour Workouts
(One Hour a Day for 4 weeks, M-F)
- » FREE Nutrition Seminar
- » Before & After Assessment
- » FREE Boot Camp T-Shirt

EXPERIENCE IT!

Four Week Program, Monday - Friday
Located outdoors in beautiful Coconut Creek, Florida.
Times and Locations at CreekBootCamp.com
Spaces fill quickly for this unique experience!

Only \$14.95 per session

CAMP ACTIVITIES

- » Circuit Training
- » Core Conditioning
- » Obstacle Courses
- » Sports Drills
- » Yoga & Pilates
- » Surprises, and More!
- » Strength Training
- » Short Distance Running/Walking



For more information, visit: www.CreekBootCamp.com