



**Flex Appeal™**  
FITNESS CENTER



- ✓ Improved Health
- ✓ Outstanding Physical Fitness
- ✓ Increased Energy Levels
- ✓ Total Body Toning



# Gillian Mounsey of Live Fit America presents

## “Fit Camp” at Flex Appeal

### What is Fit Camp

Fit Camp is a comprehensive physical conditioning program that is designed to improve cardiovascular fitness, muscular strength, muscular endurance, balance, agility, coordination, core strength and general life preparedness.



Fit Camp incorporates full body functional movements that place large metabolic demand on the body, thereby achieving results in the quickest manner possible with the least amount of repetitive stress on the body.

### What to expect

- A Free 30 minute personal training session with Gillian
- 1 Hour a day Monday, Wednesday, Friday, for 6 weeks
- 9 am, 12pm or 6:30 pm schedules
- Camps sell out quickly, don't put it off for one more minute!
- Special 2 day per week option for budget conscious and busy folks
- FitCamp is Fast, Fun Fitness in less than an hour per day, 3x per week.
- Look Better! Feel Better! Perform Better!
- Gillian Mounsey is an internationally acclaimed fitness super-star with more than 15 years of experience changing lives through exercise, education and community building!



### Schedule and Fees

- Free trial classes will be offered on
- Wednesday October 6th at 9am, 12pm and 6:30 pm
  - Wednesday October 13th at 9am, 12pm and 6:30 pm



### Fit Camp Cost:

Flex Appeal members receive a special rate:

- \$180 for 6 weeks of Fit Camp (18 classes plus free training session with Gillian (\$250 for non members)
- \$120 for 6 weeks of Fit Camp 2-day option (12 classes plus free training session with Gillian) (\$190 for non members)



Get Fit with Gillian at Fit Camp  
Don't miss being part of this pre-Holiday comprehensive  
6-week total transformation program beginning

Wednesday, October 22<sup>nd</sup>, 2010

Flex Appeal Gym  
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Sign up at the front desk  
or visit [www.gillianmounsey.com](http://www.gillianmounsey.com)  
for more information

