

What are they?

Definitions boot camps are outdoor / indoor fitness classes that challenge the body and will of the clients. They are executed in a team atmosphere under the direction of definitions highly trained fitness professional.

The boot camps are designed to:

- Progress fitness levels of the participants
- Increase lean body mass
- Decrease body fat
- Increase energy
- Strengthen the whole body for work and play

The boot camps are designed by Definition's fitness experts so that you know you are getting the best science, knowledge and experience in the industry. Exercise selection and intensity can accommodate a range of Boot Campers; from beginners to the pro's.

Progression is the key to results; this can only be accomplished with smaller groups of participants where the individual is challenged to increase their intensity level each session by their instructor. This proven formula gets the results you want and guarantees success as you define it.

Location

Indoors at Definitions Fitness Studio and
Outdoors at various locations

Times

Boot Camp sessions are indicated with a shaded BC square below:

Time	Mon	Tues	Wed	Thurs	Fri	Sat
7 a.m.	BC	BC	BC	BC	BC	
8 a.m.	BC	BC	BC	BC	BC	BC
9 a.m.	BC	BC	BC	BC	BC	BC
10 a.m.						BC
11 a.m.						BC
4 p.m.	BC	BC	BC	BC	BC	
5 p.m.	BC	BC	BC	BC	BC	
6 p.m.	BC	BC	BC	BC	BC	
7 p.m.	BC	BC	BC	BC	BC	

We have limited space per hour so book your 4 person camp As soon as possible

If interested in a camp not at these times we will make one work for you

definitions

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definitions BOOT CAMP



it's back!

Powered 

definitions



Who are the Boot Camps for?

- **Co-workers**
- **Families**
- **Mother and daughter, father and sons**
- **Sport teams**
- **Group of friends**

BootCampteamstypicallyconsistofonly4participants. This intimate group size allows Definitions to create your ideal scenario that challenges and stimulates in a format that you will enjoy. The boot camps are executed in fun, motivating team atmosphere so you can make gains, friends and get the personal attention you deserve.

Schedule and prices

Our schedule is your schedule, put together a team and pick one of the following options:

2 times a week camp

(\$20 per session, \$160 plus hst for a month)

3 times a week camp

(\$17.50 per session, \$210 plus hst for a month)

2 months registration

(\$15 per session 3 times a week \$180 per month)

The captain of the boot camp (the team organizer gets free pre and post fitness planning sessions including nutrition and supplementation advice and education **\$150/value**)

Remaining team members will receive pre and post report cards including body fat testing and girth measurements. These scores will serve as your gauge for creating a strong body.

The Results:

Invigorating and progressively challenging workouts are an important aspect of health and wellbeing, but by no means the only route to true wellness. Knowledge to choose the right foods, supplements and exercises are all important criteria you need to understand in order to lead a stronger life. Definitions Boot Camps will arm you with this knowledge through our trainer's advice, report card process and daily information session that occur during your cool down for the day. If you ever need any other advice please take advantage of our special counseling rate for nutrition, program design and personal training. Good luck and we will see you at Boot Camp!

Sincerely

Mike Wahl, PhD(c), CSCS. Director

Mike O'Neil, Med, BA. Director

Mike Peddle, CanFit Pro. Boot Camp Instructor

**It's not yelling...
it's motivation!**

The 4 week camps are paid for in advance for the month and are nonrefundable but can be transferred to friends or family so that your sessions will go to good use.

