

COSMOPINKSTYLE

FITNESS BOOT CAMP

SIGN UP FOR ONLY \$20!

2 HOUR OUTDOOR CLASSES 8-10am

Classes are Every Saturday in September

BURN BODY FAT	TIGHTEN BUTT & THIGHS	LEARN MILLITARY FITNESS DRILLS
RUN BLEACHERS & WIND SPRINTS	WORK CHEST & ARMS WITH PUSH UPS	IMPROVE OVERALL CARDIO HEALTH & WELL BEING

- **COSMOPINK BOOT CAMPS** ARE DESIGNED FOR AND SPECIALIZE IN OUTDOOR FITNESS PROGRAMS FOR INDIVIDUALS WHO ARE ALREADY IN THE GYM LOOKING TO TAKE THEIR FITNESS TO THE NEXT LEVEL. EACH CAMP IS GEARED TOWARDS IMPROVING YOUR CORE STRENGTH, STAMINA AND AGILITY. YOU CAN EXPECT TO WORK HARD, BE CHALLENGED AS INDIVIDUALS AND AS A TEAM. YOU WILL LEARN HOW TO DO PUSH UPS, COMPLETE AN OBSTACLE COURSE AND RUN A MILE TO NAME A FEW. EXPECT TO FEEL GREAT AT THE END OF EACH WORKOUT BECAUSE YOU ACCOMPLISHED SOMETHING GREAT!
- **YOUR TIME IS VALUABLE** WE KNOW FITTING A WORKOUT INTO AN ALREADY BUSY SCHEDULE CAN BE A CHALLENGE. CAMP IS ONE DAY, TWO HOURS PER WEEK.
- **HOW TO PREPARE FOR BOOT CAMP** WE WANT EVERYONE TO DO WELL AND HAVE FUN. THE BEST WAY TO ENSURE YOUR BEST PERFORMANCE IS TO COME PREPARED. WEAR COMFORTABLE WORKOUT ATTIRE AND A DECENT PAIR OF CROSSTRAINING TENNIS SHOES. THERE WILL BE RUNNING. WE RECOMMEND BRINGING AN OLDER PAIR FOR THE OBSTACLE COURSE - IT CAN BE WET. MAKE SURE YOU EAT A GOOD BREAKFAST 1 TO 1½ HOURS BEFORE CAMP AND PRE-HYDRATE WITH AT LEAST 16 OZ OF WATER OR SPORT DRINK BEFORE YOU GET TO CAMP. WE PROVIDE WATER ON SITE BUT IT'S ALWAYS A GOOD IDEA TO BRING YOUR OWN. ALSO BRING A HAT OR SUNGLASSES TO KEEP THE SUN OUT OF YOUR EYES AND A LARGE BATH OR BEACH TOWEL FOR MAT WORK.

HOW DO I REGISTER? CALL (916) 616-1696 OR GO TO WWW.COSMOPINKSTYLE.COM

Melissa Brown

(916) 616-1696

www.cosmopinkstyle.com

Single Class \$20



“Melissa is a true leader and inspiration in helping me achieve goals I never thought I could accomplish. Her positive influence and instruction, has kept me looking better at 40 than I did at 30!” Diane Starr - President, Starr Property Management., Inc.