

# WINDSOR SQUASH AND FITNESS BOOTCAMP

**NO MORE  
EXCUSES!**



- BUILD MUSCLE
- BURN FAT
- INCREASE CARDIO
- GET STRONG
- CHALLENGE YOURSELF
- DO IT NOW!

**THE HARDEST WORKOUT  
YOU'VE EVER DONE!**

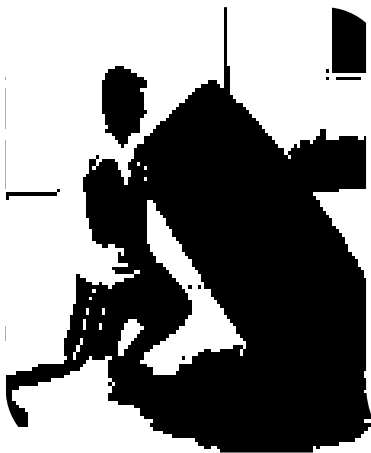


**CLASSES BEGIN  
OCTober 15<sup>th</sup>  
AND RUN  
MONDAYS &  
THURSDAYS  
@ 7:15 p.m.**



**INDIVIDUALS:  
\$149<sup>+</sup> TAX FOR  
12 CLASSES.**

GROUP AND CORPORATE  
RATES AND CLASSES  
AVAILABLE. SEE SIGN UP  
SHEET AT FRONT DESK



**RESULTS AREN'T GIVEN, THEY'RE EARNED!**

THROUGH HARD WORK, SWEAT, AND YES SOMETIMES TEARS. SOMEWHERE ALONG THE WAY MANY PEOPLE TRADED IN "NOSE TO THE GRIND STONE WORK" FOR SITTING ON A BENCH BETWEEN SETS, SETTLING FOR THE SAME OLD CARDIO MACHINES AND ROUTINES, AND DVD WORKOUTS THAT SUBSTITUTE AS \$120 DRINK COASTERS.

**YOUR BODY CAN ALREADY DO**

**WHAT IT CAN DO.** IT HAS TAKEN ALL YOUR LIFE TO GET YOUR BODY TO THE WAY IT IS. IF YOU EXPECT TO CHANGE IT IN A SIGNIFICANTLY SHORTER AMOUNT OF TIME, YOU MUST PUSH IT BEYOND ITS NORMAL CAPABILITY. **YOU GOTTA PUSH IT TO THE MAX! LITERALLY!**



**YOU GET OUT WHAT YOU PUT IN!**

MANY PEOPLE NEVER ACHIEVE THE GOALS THEY HAVE SET FOR THEMSELVES DUE TO LACKING A COMBINATION OF MOTIVATION AND DEDICATION. IF YOU CAN DEDICATE YOURSELF TO ATTENDING THE BOOT CAMP, I WILL TAKE CARE OF THE REST. I PROMISE!

**INSTRUCTOR: COLBY MARTIN**

**WSF PERSONAL TRAINIER**