

FREE OUTDOOR BOOT CAMP

"The Outdoor Boot Camp program helped me lose 30 pounds and really toned my muscles. I'm in the best shape of my life!"

Gina Williams,
Mother



ARE YOU LOOKING FOR A SERIOUS FAT-BURNING WORKOUT?

Do you want to lose weight, get a tight butt, toned thighs, small waist, chiseled arms and a lean, sculpted, sexy body?

Whether you're looking for a great workout, a fast way to get in shape throughout the Spring or an activity that takes you out of the four walls of a gym, this group-training workout is for you.

Program runs Sundays 9:00AM

June 26th-August 28th

Meet at our Vancouver Studio

**FREE
Sunday
Class all
Summer!**

Warning: This weekly workout is not for the timid. Be prepared to sweat! No whiners allowed. Okay, you can come, but when you start complaining, we'll just nod, smile and make you do more! You know you need that!

This workout will take place outdoors utilizing many of the local parks in downtown Vancouver!

No Class on this date due to NWPT Event!

**No Class Sunday Aug 21st due to WHY Racing
Columbia River Fitness Festival
Join Us!**

Sign up at the Front Desk or contact

360.574.7292 for more details!

www.nwPersonalTraining.com

Northwest
PERSONAL TRAINING



Testimonials

"I've been doing Outdoor Boot Camp for a year and it has pushed me out of my comfort zone, and forced me to face challenges I would normally avoid. I've never been very good at running, but Outdoor Boot Camp has helped boost my stamina and shown me that I really can do it! I am truly amazed that I can keep up with the pack and run to the nearby parks without stopping. Outdoor Boot Camp is both challenging, fun and it definitely takes my regular gym routine to the next level." - *Cheryl Stephenson-Carr*

"I feel like I'm 20 again. I have never looked so good in all my life. People regularly ask me what I did to myself. They want to know if I've had plastic surgery. My son has even commented that I'm looking great and he's proud that I'm actually sticking to it." - *Peter Clarke*

"This is the kind of workout I never want to miss!" - *John Fazzolari*

"Outdoor Boot Camp is just what I need to keep my fitness level high for the summer trail running season. NWPT drill instructors don't tolerate whining or slacking but keep the fun level high – encouraging me to kick my own butt into shape at every session. It's also great to enjoy an outdoor workout with like-minded fitness enthusiasts." - *Gina Williams*

"Outdoor Boot Camp has it all. A great strength workout added to running, skipping, jumping and other athletic drills makes it the most challenging workout we do all year. And, doing it with such a fun group in the fresh air tops it off!" - *Joleen Skarberg*

"I absolutely and completely LOVE Outdoor Boot Camp because you're working out and getting in great shape and you don't even know it because it's such a blast!!!" - *Sherri Falkner*

"When I turned 40 three years ago, I invested in Northwest Personal Training as a catalyst to re-motivate me to take care of myself. After the first year I found my lifestyle changing so that I was working out more in a week than going out for dinner and drinks. The next year I completed the Seattle to Portland Bike Ride Challenge. And just recently, after my 3rd year at Northwest Personal Training, I have managed to lose that impossible 10 pounds, one pant size and participated in my first Triathlon. I finished 12th out of 20 women in my age division! The accountability, support, compassion, and personal guidance is what I count on and have come to appreciate every day. And yeah, they do try to make my workouts 'fun'! I recommend Northwest Personal Training to anyone searching for results." - *Tamara J. Fuller*

"I've been working out at Northwest Personal Training for 3 years. I feel better about myself, I'm in the best shape of my life and I have more energy and less aches and pains. Northwest Personal Training is the BEST." - *Sheila Trapold*