

Sign up NOW for Clear Lake CrossFit's

BOOT CAMP



ARE YOU READY TO GET IN SHAPE?

What can you expect?

This is not your average boot camp. Our boot camps are designed for those individuals seeking a healthy lifestyle transformation. We offer the opportunity to get in shape through randomized movements and cardiovascular training. Classes are designed to give you a total body workout based on the CrossFit training methodology. If a life change is what you are looking for, this is the community that will help you get there.

How?:

- * Functional movements that will apply to life and sports
- * Increase in strength and cardiovascular endurance
- * Increase in coordination, agility and flexibility
- * Core strength
- * Toned body
- * Nutrition education
- * Accountability of goals
- * A fun community of others who also want to get fit and live healthy

What to bring: * water * yoga mat / towel * weather appropriate clothing * positive attitude

People from all walks of life and all levels of fitness are welcome to participate. If you're sick of your workout and need something new, with some intensity, Clear Lake CrossFit Boot Camp is for you.

LIMITED SPACE. SIGN UP NOW!

COST: 3 Classes/week for \$120 a month. Begins 3/21/2011. Class times: 8am or 6:15 pm.

More Information: www.clearlakecrossfit.net; jen@clearlakecrossfit.net, 713-898-5437