

# Fitness Boot Camp

*Register Now!*

Waiola Park - LAGRANGE

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A program for Conditioning, Weight Loss, and Improving Over-all Health

Powered by VIKTOR

## Format:

Each class will be different. Class varieties include, but are not limited to, boot camp, strongman techniques, pilates, yoga, interval training, high intensity training, strength training, cardiovascular training, sport specific training, motor skill exercises, light weight exercises, body weight exercises, agility drills, speed drills, endurance training, functional training, floor exercises, plyometrics, isometric exercises, and many more.

## Typical Results:

- 3-10% reduction in body fat
- 2-6 inch reduction in waistline
- 15-30% increase in strength, endurance, and power
- Increase in metabolic rate (burn fat faster)
- Decrease in resting heart rate
- Boost in energy levels and stamina

## Enrollment includes:

- Free T-shirt
- Free Subscription to Online Meal Planner
- 10% off any in-home personal training packages

## Dates & Time:

June 17th – July 24th  
Wednesdays & Fridays  
Session I: 5:30 – 6:30am  
Session II: 9:00 – 10:00am

## Location:

Waiola Park  
47th & Waiola  
Lagrange, IL



All fitness levels are welcome. Class structure is “challenge by motivation, challenge by choice”. Our classes and instructors are committed to teaching, motivating, and challenging the students. Enhance Boot Camp is a boot camp/group fitness program that uses any and every possible way of physical activity to burn the maximum amount of calories during each session. The best part is that no two workouts will be the same.

For more information. please contact:

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