



# LOOK & FEEL GOOD

with Brendan's Award  
Winning Bootcamps!!!

Now  
offered in  
Whitby, for  
the first time  
ever!

# BOOTCAMP

**Brendan's Boot Camps** feature fun & effective themed workouts that have received acclaim on such Television programs as Breakfast Television and City TV News at 6.

From the beginning exerciser to advanced athletes, Brendan's boot camps will be a more fun & effective way to get fit than any other boot camp you've ever tried!

**FOR MORE INFO, OR TO REGISTER:**

**email [Brendan@foxfitness.ca](mailto:Brendan@foxfitness.ca), or phone 905-999-2630**

Classes are now offered on Mondays at 7pm, and Saturdays at 9am. All sessions to be held at the Whitby Lakeshore.

Downtown Toronto, clients pay Brendan \$105 plus tax per session – and he's fully booked!

With Brendan's Boot Camps you will get access to his award winning personal training skills for a fraction of the price:

THE QUICK START PACKAGE: \$99 investment for 4 sessions,

THE SUMMER COMMITMENT PACKAGE: \$159 investment for 8 sessions.

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## **What you will get out of Brendan's Boot Camps:**

- Full Body workouts to burn the maximum fat in minimal time.
- Nutritional guidance to maximize fat loss and reveal your defined muscles underneath.
- Increased Energy Levels to get you through the longer days.
- Better endurance and cardio, so you don't get breathless as easily.
- Achieve greater core strength and a slimmer midsection.
- Stronger, toned, better-looking arms.
- Stand with a healthier, more confident posture.
- Invigorating exercise to relieve stress and ease your mind.
- The group support & encouragement of a class of boot campers!

## **Who is this class for?**

The class is for anyone who wants to look and feel good, regardless of past exercise experience, age and gender. In fact, most participants are inexperienced exercisers. Each workout features modifications to accommodate both the beginning and advanced exerciser. The workouts prioritize fun & variety, to help keep boot campers motivated to sustain exercise over the long term.

## **Times & Locations:**

- Mondays at 7pm
- Saturdays at 9am

*Stay tuned for additional days and times!*

## **Who is Brendan?**

- Brendan Fox is an internationally recognized physical fitness trainer who has amassed an unheard of 16 certifications in the areas of fitness, nutrition and therapy.
- He has implemented advanced level training which lead him to a coveted position with the Canadian Olympic Medical Team.
- His client motivation in achieving overall fitness goals has garnered him several top health and fitness industry awards with some of the country's biggest fitness institutions.
- His clients have raved about his customized, unique and enjoyable exercise programs including over 50 award winning themed boot camps. These unrivalled boot camps have finally made fitness more fun than ever before!!!

For more information on Brendan, visit [www.foxfitness.ca](http://www.foxfitness.ca)

## **Rates:**

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Sessions do not expire, and can be used at any time.

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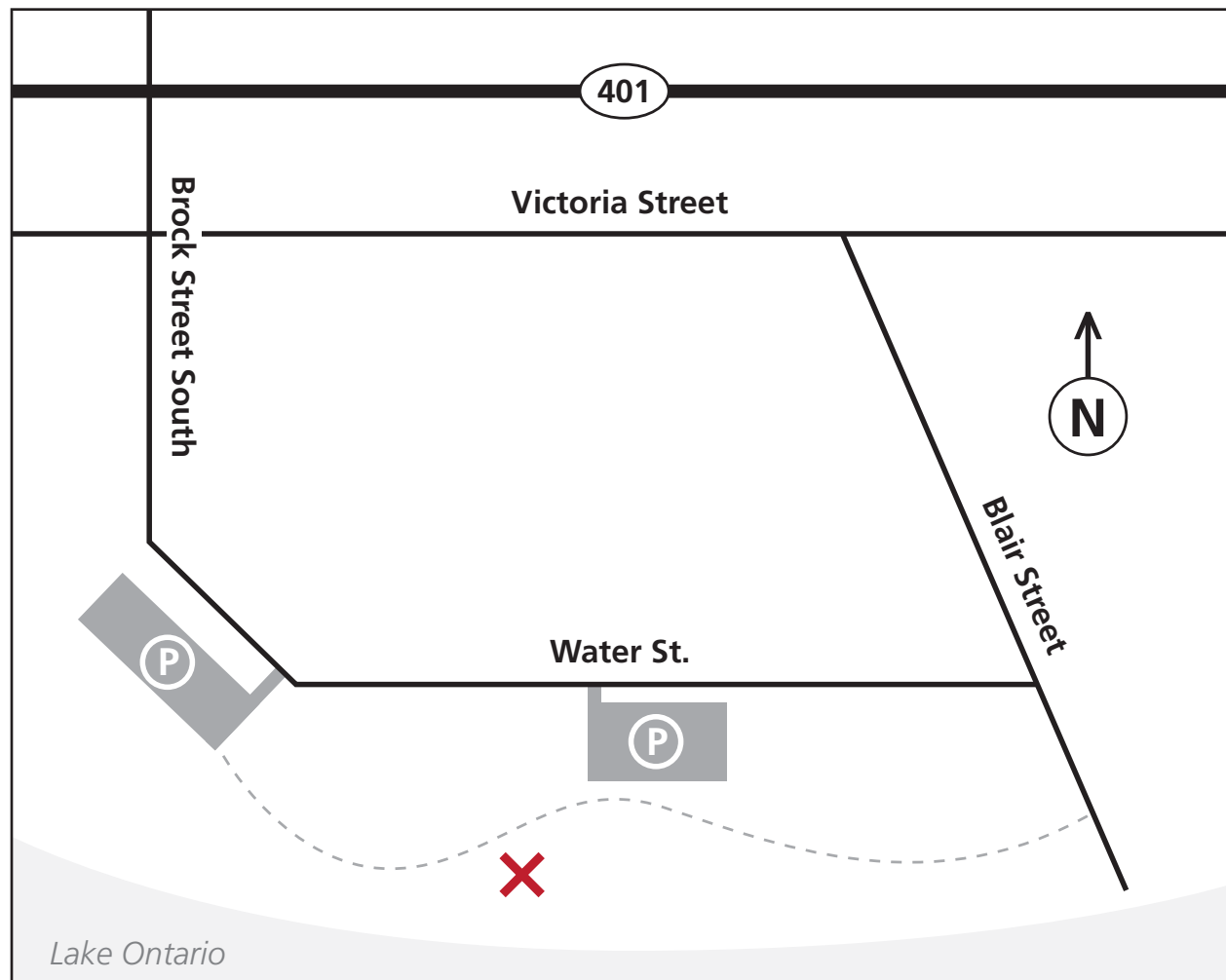
You get what you pay for: Brendan's Boot Camps are priced higher than other boot camps in the Greater Toronto Area. This is because you will receive only the Highest Quality of Boot Camp Instruction and the personal attention of smaller class sizes. Brendan's boot camps will be more fun and effective than any other boot camp you've ever tried!

## What You Need To Bring:

- A towel or exercise mat – for ground based exercises
- Water
- Workout clothes

## Location:

Brendan's Boot Camps will be located on the refreshing beach side location of the Whitby Shores. Review the map for more detailed instruction:



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## Q&A

**Q: Do you require the money before or can we bring the amount the first session?**

**A:** Payment is not necessary in advance, you can bring payment to the first session. To help us best prepare, we do ask that you email and notify us of any injuries or limitations you may have, in addition to your top 3 training goals and priorities.

**Q: Do we have to commit to the Saturday or Monday only OR can we go either day during the summer?**

**A:** You do not have to commit exclusively to a particular boot camp day. Your sessions work as an account, with one session being deducted per each class attended. That way you have the freedom to show up for any and all of the classes you desire.

**Q: If we can't do one of the exercises you are prescribing because of back problems, etc., then we would just wait and not do that movement until you move to the next one?**

**A:** All the exercises will have modified alternatives so that those with joint or muscle concerns can be as active as possible.