



MPF Momentum Performance and Fitness Boot Camp is an ongoing outdoor program that meets 3 times per week for 75 minutes. Our program will implement cardiovascular endurance, strength and flexibility training to help you reach your optimum fitness goals. This class is for you if you are serious about improving our health and fitness. You'll find yourself surrounded by a supportive group of people motivated to get in their best shape. Each week will get progressively challenging to help you through plateaus and reach new levels of fitness.

What you can expect from an **MPF** Boot Camp:

- Improved cardiovascular health
- Improved muscle strength, tone and definition
- 5-10 pound weight loss
- 1-3 inch reduction in mid-section

BOOT CAMP PRICING	
Co-Ed Boot Camp	\$199.00/4-week program
Kid's Fit Camp	\$149.00/4-week program

MPF boot camps will consist of various exercises including:

- Short distance running, sprints, hill climbing and walking
- Resistance training using bodyweight, medicine balls, light dumbbells, and resistance bands
- Obstacle courses and foot work drills
- Core training

All Camps are Ongoing!

Please call or register online

CAMP SCHEDULE AND LOCATIONS

6:00am - 7:15am M-W-F Goldenwest College Track (Gothard Street Parking Lot)

8:00am - 9:15am M-W-F Goldenwest College Track (Gothard Street Parking Lot)
8:30 beginning Sept 6

Starts at

6:00PM - 7:15PM WED-FRI Goldenwest College Track (Gothard Street Parking Lot)

Kids Fit Camp T-TH @ 10:00-11:15am (Summer only), SAT 10:00-11:15am, Goldenwest College Track (Gothard Street)

All camps are ongoing. Stay tuned for upcoming details on

MPF EXPLOSIVE STRENGTH CAMPS

FOR MORE INFORMATION

Call us at:

1 (714) 369-5840

Visit us online at:

www.JoeLocalPT.com