

Join Our Trap Boot Camp Transformation Fitness Challenge!

Dear Fitness Enthusiast,

Are you ready to transform your life and embrace a healthier, more active lifestyle? We've got some exciting news for you!

Our Trap Boot Camp fitness class is on a mission to help individuals like you achieve their fitness goals and set the stage for a successful New Year. Currently, we are actively seeking enthusiastic participants to join our Saturday morning classes. Embark on a life-changing journey with Trap Bootcamp, a 16-week program meticulously crafted for transformative results. Your commitment is the driving force behind this incredible experience, and we're thrilled to announce that, in response to overwhelming demand, we've extended the special \$30 per session rate until December 31st! After this date, classes will be priced at \$45, so seize the opportunity now to lock in this exclusive rate. The first online class is on us for those unable to sign up before January, allowing everyone a chance to kickstart their fitness journey without any barriers.

But wait, there's more! The first 10 signups for the full 16 weeks will receive a complimentary personalized assessment and meal plan, setting the stage for a tailored and successful transformation. Your commitment, coupled with our expert guidance, will make these 16 weeks an investment in your well-being that lasts a lifetime. Join us on this exciting adventure towards a healthier, stronger, and happier

Here's what you can expect from our program:

1. Fitness Class Details:

- We are aiming to gather a group of 10 dedicated individuals, and we will provide more information once we've reached this goal.

2. Personalized Support:

- Every participant will receive a comprehensive initial assessment, including weight measurement.

- I will offer guidance and recommend a personalized diet plan to help you on your fitness journey.

- measurements

- Progress Pictures and Videos

- Comprehensive information to maintain weight loss.

3. Cancellation Policy:

- We have a 24-hour cancellation policy for each class to ensure a fair experience for all participants.

4. Payment Information:

- To secure your spot go to our shop and purchase your single session, 8 or 16 sessions, then sign-up for your free evaluation(8 or 16 sessions only) ! Your first class is also free, if you purchase after January 1, 2024 ! Packages and Classes must be purchased on the website, before class.

5. Getting Started:

- If you're interested in joining us, please follow up by sending your contact information.
- We will send you a form to fill out, including important medical and logistical details.
- Additionally, we will schedule a brief phone evaluation to better understand your fitness needs.

6. Location Variety:

- Our workouts will take place in the beautiful West Lakeside Park and neighboring Areas in the West Vallen Ranch and nearby park spaces.
- Some days, we'll even enjoy outdoor hikes and light runs to keep things exciting.

Our ultimate goal is to help you and nine others transform your lives and set the stage for a successful journey into the New Year.

If you're ready to take the first step toward a healthier and more active you, don't hesitate to get in touch with us. We can't wait to welcome you to our Trap Bootcamp transformation fitness class!