

# LOVE YOUR BODY!

## CARLSBAD BOOTCAMP

### DO YOU WANT TO TRAIN LIKE AN ATHLETE?

Join us for a sports conditioning and cardio workout. All levels are welcome. You will feel worked out and alive! Whether you are a beginner or advanced you will learn proper form and get the coaching that you need to achieve your fitness goals by a Certified Personal Trainer. Optional nutritional consultations can be provided along the way to keep you on track.

**Location: Magee Park**  
Corner of Carlsbad Blvd. & Beech Ave.  
Tuesday & Thursday: 9:30am-10:30am  
6 week class

**Next session begins**  
**June 22 - July 10**  
\$100 resident / \$110 non-resident  
Drop-in \$15 anytime, starting now



Meet your instructor:

### Michelle Szames

Personal Trainer/Sports Nutritionist  
NASN Certified

**(760) 672-TALK**  
www.carlsbadconnect.org  
e-mail: michelle@szames.com



### FAQ's

**Q:** Do I have to be in shape for this program?

**A:** No. If you can walk, then you can join in. The goal is to get you into shape! Let's start where you are and build from there. Any level can participate, from beginner to athlete.

**Q:** Is this a "Boot Camp" Program? Will the instructor yell and belittle me?

**A:** Absolutely not! I want you to show up again and again. I am respectful and kind. I will push you to challenge yourself and encourage you to increase your intensity.

**Q:** What is a typical class like?

**A:** There is no typical day. Your body will always be challenged and you will not know from one day to the next of what to expect. Some common exercises will be push-ups, sit-ups, jumping jacks, squats, lunges, and utilizing hand weights/bands for resistance training.

**Q:** What do I bring to class?

**A:** Water, towel/mat, hand weights, dress in exercise attire, and bring a GOOD ATTITUDE!

**Space is limited, reserve your spot today!**