

# Courtland Village Saturday Boot Camp

## July 31st—October 23rd

### All fitness levels welcome!

This program is designed to give you incredible fitness results. It is packed with fun and energizing activities designed to help you build a strong, fit body. It will help you burn off that excess body fat, firm and tone your entire body so you look and feel great.

**Courtland Village Pool Parking Lot**

**Saturdays**

**July 31, 2010 —October 23, 2010**

**Time: 07:30— 08:30 AM**

**RAIN OR SHINE**

#### Camp Fee (12 Sessions):

- \$150.00 per person (12 sessions)  
\*\*Includes a Boot Camp T-Shirt & 2 Fitness Evaluations.\*\*
- \$20.00 each drop-in session.

#### About Natasha:

I am a Certified Personal Trainer with ISSA (International Sports Sciences Association). I am finishing my Fitness Nutritionist Certification also with ISSA. I am CPR, First Aid, and AED (automated external defibrillator) certified with the Red Cross and the American Heart Association.

#### WHAT YOU SHOULD EXPECT:

- To burn lots of calories.
- To work your entire body.
- To be challenged.
- To have fun while reaching your personal fitness goals.

#### WHAT WILL YOU NEED:

- Beach Towel or Yoga Mat
- Water!!!
- Dumbbells 3, 5, or 8 lbs (not a necessity)
- Completed Physical Activity Readiness Form



**For more information or to register call:**

**Natasha Grotke: 703-625-2380**



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Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Please select a shirt size

T-Shirt Size: S M L XL XXL