

Legends Impact Boot Camp

Who:

Anyone who wants
to get FIT FAST.

When:

Every Day except Sunday.
Get Class Times at Front
Desk.

How much:

\$70 per month

Includes unlimited

Boot Camp classes and FREE
access to entire Sports
Complex

Contact Garrick Coffel at
(281) 298-5700 or

Gcoffel@

thelegendssportscomplex.com

Legends Sports Complex
602 Pruitt Rd
Spring, TX 77380



IMPACT Boot Camp is a new and innovative way to get in shape while having fun . No, this is not "Military boot camp" with screaming sergeants! This is Total Fitness Boot Camp that combines group peer motivation along with the one-on-one attention of a personal trainer to help you achieve your personal strength and conditioning goals FAST.

Impact Boot camp is a mixture of different cardio and strength training intervals that can burn up to 900 calories an hour.

Injury prevention is a core focus of the Legends Impact Boot Camp, so technique and proper form of ALL movements are taught from the beginning to eliminate injuries and provide a quick start to achieving your strength and conditioning goals.

Impact Boot Camp workouts are designed to increase your strength, endurance, cardiovascular condition, self esteem, and overall physical condition. All of these areas will be improved while having fun and creating new found friends.

Impact Boot Camp will challenge you to accomplish goals you never thought possible, and with the help of your Certified Fitness Professionals that have over 30 years of combined experience in the fitness industry and friends in the group you will push through each challenge. Every participant will be go through a one on one physical test and each person will retested every 6 weeks

Impact Boot Camp is not a program—It's a way of Life!

Results you should see after attending **Impact Boot camp:**

- 2 to 5% reduction in body fat.
- 7 to 15 pound weight loss.
- More energy.
- Better relaxation.
- Improved self esteem
- 25% increase in strength.
- Overall inches decreased