



**Sign Up for  
Camp  
Today!!!**

### **Program Benefits!**

- *Reduce body fat!*
- *Increase your strength!*
- *Improve your flexibility!*
- *Look and feel great!*
- *Add to your overall quality of life!*

#### **Program Includes:**

- Weight training
- Running
- Plyometrics
- Circuit training
- Free Meal Plans
- And more!

### **Jump Start Your Life!**

**Get fit today with Fit Nic Inc's  
Ultimate Bootcamp!**

#### **SEE a difference in Just 4-weeks!**

Fit Nic Inc's Ultimate Boot Camp is an indoor/outdoor fitness program designed to give your life a jump start! The program is affordable and includes FREE health and nutrition information. You will be inspired to finally stop talking about getting in shape and finally **BE** in shape. The camp utilizes basics of exercise principles to get you back on track for the Ultimate You!

***Don't wait! Get fit now!***

***Monroe Camp: Mondays & Wednesdays  
Loganville Camp: Monday thru Thursday  
5:30pm-6:30pm***

**Call now 305-968-3092 or email [Nicole@fitnicole.com](mailto:Nicole@fitnicole.com)!**