



BOOT CAMP

BASIC TRAINING

Are you looking at getting in shape but have no idea where to begin? Do you have extra weight and find the idea of heading to the gym intimidating?

Our **BOOT CAMP: BASIC TRAINING** workouts are designed specifically for beginners, and clients with more to lose!

- Based on regular boot camp
- Lower intensity
- Build up to the "regular" camp!

No more excuses.* *No more waiting.* *Jump in with folks JUST LIKE YOU!

BOOT CAMP: BASIC TRAINING Classes

Mondays and Wednesdays 10-10:45am

Beginning Monday January 9th, 2012

\$12 drop in

or purchase a punch card membership for a one-time \$20 fee then:

10 visits for \$110 or 20 visits for \$200



I've been at Apex for just four weeks, at the invitation of a friend. That first day I thought I would pass out – when I didn't, I kept coming back. This is by far the hardest I've ever worked, and it's paying off! I find myself more motivated to stick to my diet plan too – really, I'm feeling a shift of my whole attitude toward my body and my health. The numbers don't lie: 6 pounds and 2% body fat gone in 4 weeks, just the rate doctors recommend. If you're ready to admit you're overweight, if you're ready to accept the challenge to get healthy – if you're ready to start changing your life, get in here and join me.

--Sarah PJ, 45 years, 248 down to 242 and 49% down to 47% body fat...AND COUNTING...

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