

# TABATA BOOTCAMP

An 8 week program that will get you in the best shape of your life!

Tabata is for men & women and specifically formulated to fit every fitness level, from beginner to advanced. Lose inches and sizes and get the body you want!

The Tabata Bootcamp™ program strikes the perfect combination of short, efficient workouts, ongoing online support, and motivation in a small group training setting. Add these pieces together, and the benefits are REAL and more importantly, they produce amazing weight loss and fitness success. Tabata Bootcamp™ will get you in THE BEST SHAPE OF YOUR LIFE! [www.tabatabootcamp.com](http://www.tabatabootcamp.com)

Pattie completed the extensive Tabata Bootcamp Trainer Certification with the creator of Tabata Bootcamp, Mindy Mylrea. She's also been certified with the American Council on Exercise (ACE) since 1996.

## **OUR TABATA BOOTCAMPERS SAW RESULTS IN JUST 4 WEEKS!!!!**

8 week sessions:

Two 45 minute bootcamp classes/week

+ 6 minute on-line workouts 6 days/week

Bootcamp Cost ~ \$150.

24/7 On-line access to Tabata 6 minute workout, meal planning, interaction with trainer and fellow bootcampers ~ \$9.99

Figure 8 tubing (optional) ~ \$11.00

### **Choose Morning or Evening Bootcamp**

Mondays 6 AM & Thursdays 6 AM

or

Mondays 6 PM & Thursdays 6 PM

## **REGISTER NOW!!!**

Patricia Bostick Dance Center

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