

### ***Fat Burning Bootcamps!***

Every Fat Burning Bootcamp guarantees 3 things: you will burn a ton of calories, you will get stronger, and you will have a blast working hard! Some of our different Fat Burning Bootcamps include:

- **The Gauntlet** – You have a starting line and a finish line. What lies in between will challenge the body in ways you didn't know were possible.
- **The Death Star** - 4 different exercise stations laid out around a center cone. Complete the fitness challenge at your station and get around the center cone to get to the next challenge.
- **Farmers Walk Suicides** – This program combines a classic conditioning exercise (the suicide) with the oldest resistance exercise ever (farmer's walks). Add in some fun activities at each cone and you have a great bootcamp experience.
- **Killer B's** – Bars, bands, bells, balls, bags...boy oh boy, I bet that's one beautiful ballistic bootcamp!
- **Joe D's Ultimate Band Platform** – NFL Hall of Famer Joe DeLamiellure is a great friend and this program will make you look at rubber bands in a new way!

### ***Get Out of Pain Today!***

You cannot lose weight, get stronger, or achieve any other performance goal if you are in pain. Jason Rhymer and Bobby Robinson are certified in a unique training system that focuses on the nervous system to help clients move and feel better. It is called Z-Health Performance Solutions ([www.zhealth.net](http://www.zhealth.net)). They have used this system with clients from age 9 to 90 to improve quality of life, lose weight, get stronger, play a sport better, and simply help you do whatever you do better!

### ***Stroller Bootcamps For Moms and/or Dads***

Bring your kids and your strollers! This class is all about moving around the facility with your little ones with some occasional stops for some movement challenges. Jason Rhymer has spoken to several civic groups including Charlotte Moms of Multiples and trained stay-at-home moms for years. Come out with some friends and have a great time getting healthy to be the best parent you can be!



### **Schedule:**

<b>DAY</b>	<b>TIME</b>	<b>CLASS</b>
Monday	8:30am	Get Out of Pain Today!
	12 noon	Stroller Bootcamps
Tuesday	6:15am	Fat Burning Bootcamp
	9:00am	Fat Burning Bootcamp
	5:00pm	Fat Burning Bootcamp
	6:00pm	Fat Burning Bootcamp (Ladies Only)
Wednesday	8:30am	Get Out of Pain Today!
	4:00pm	Fat Burning Bootcamp
	5:00pm	Fat Burning Bootcamp
	9:00am	Fat Burning Bootcamp
	4:00pm	Fat Burning Bootcamp
	5:00pm	Fat Burning Bootcamp
	6:00pm	Fat Burning Bootcamp (Ladies Only)
Friday	12 noon	Stroller Bootcamps
	4:00pm	Fat Burning Bootcamp
	5:00pm	Fat Burning Bootcamp
	6:00pm	Get Out of Pain Today!/Fat Burning Bootcamp

### **Rates:**

#### **Eight Training Sessions\***

\$120 over 4 weeks (\$15/class)

To purchase, go to <http://tinyurl.com/cxcoec>.

#### **Unlimited Classes\***

\$197/month (3x week is less than \$17 per class!)

To purchase, go to <http://tinyurl.com/bobapp>

#### **Pay-as-you-go**

\$27/class (check or cash only)

### **Contact Information:**

Please call or email anytime if you have any questions:

**PHONE:** 704-661-5301

**EMAIL:** [jason@rhymerfitness.com](mailto:jason@rhymerfitness.com)

### **Location:**

#### **Carolina Courts**

Stinson Hartis Road

Indian Trail, NC 28079

[www.carolinacourts.com](http://www.carolinacourts.com)

\*Classes are purchased on a rolling enrollment, meaning that every month you will be charged the appropriate amount depending on the class options you choose. This ensures several things:

1) Your guaranteed spot in our class. Classes will fill up quickly and we want to keep the numbers low to be able to over-deliver amazing results.

2) Reaching your goals means a consistent program with new challenges along the way. You will improve every class, but to see results that last, we want you to be involved with our programs as we take you through several different training cycles.

3) We are building a community of fit athletes who support and believe in each other. Our most successful clients are the ones who stuck with it, invited their friends, and have other Rhymer Fitness friends to count on.