

# NORTH HOUSTON ADVENTURE BOOT CAMP FOR WOMEN

WWW.NORTHHOUSTONBOOTCAMP.COM

Ladies, when was the last time you determined, "I'm ready to look and feel better?" When was the last time you thought, "I should really take better care of my body." When was the last time you said, "Honey, how do I look in this?," secretly hoping he'd lie through his teeth?



Owner and Personal Trainer, Justin Williams

Get ready for a change of pace with Adventure Boot Camp. The name of the game is fun, and results are promised: no woman will be left behind! This ladies-only program meets three or five days a week (depending on your program of choice) for one hour segments, for four weeks per session. The program is designed in such a way that the workouts will meet each woman at her own level of fitness, whether she can only do 20 push-ups or two hundred. At the pre-camp evaluation, each woman will have a confidential, comprehensive and unimpeachable look at her current level of health. ABC's exclusive Futrex body composition machine will give you a quick, non-invasive starting point as a reference for your level of improvement through the end of camp.

Justin Williams is the owner of the North Houston Adventure Boot Camp, north Houston's version of boot camp, one of over 300 worldwide locations. Justin is a firm believer in the importance of working toward measurable results while creating an enjoyable but intense exercise experience. This leads to his desire to start an Adventure Boot Camp in north Houston, where daily he helps women meet goals and their desired levels of fitness. The camp is well-established in our community, having been around for over a year, helping over 350 women and counting. This is not a military-style boot camp! No negativity, carrying tires or angry drill sergeants yelling here! Instead, expect trained and certified boot camp instructors with qualified backgrounds, and a program that has been proven to help women meet their fitness goals time after time.

Every day at Adventure Boot Camp brings a fresh and unique one-hour workout. You will work your entire body each day, and you can be assured that you will stay interested and motivated. Expect to participate in mat work, lunges, short running, ab training, circuit training, agility drills, games, friendly competitions and jumping rope each week - but each camp evolves, so don't expect the same workout twice! What sets Adventure Boot Camp apart from other boot camps is that the program is based on an uncommon concept in exercise: fun! Participants play games and win prizes in addition to getting in the best shape of their lives! Exercise programs were designed for women, with focus on building core strength and confidence. This will in turn lead to better posture, balance and overall increased stamina. Women will see positive results within two weeks depending on their effort level at camp, and will undoubtedly see their desired results by the end of camp. Only one month until your sister's wedding? You can definitely fit into that cute dress you've been eyeing on Market Street!



## YOUR LIFE, YOUR BODY, YOUR ADVENTURE!

EXPERIENCE THE MOST ESTABLISHED FITNESS BOOTCAMP IN THE WORLD!

Disciplining yourself to workout is only the beginning of a healthier lifestyle. Complement your efforts with a healthy diet and good friends! Meeting like-minded women at Adventure Boot Camp will help you stay on a path to physical fitness. And while a nice-looking body is always a bonus, fitness is ultimately about one's health. Achieving a goal of not only looking fantastic but actually being healthier is a priceless feeling. Women all around Houston are looking and feeling better with Adventure Boot Camp!

For more information on North Houston Adventure Boot Camp, please visit the web site [www.NorthHoustonBootCamp.com](http://www.NorthHoustonBootCamp.com) or call Justin Williams at (832) 422-2348.

I have always been the person who would prefer anything over a good workout! I am excited to say that with Justin's continued support, encouragement, challenging and unique classes, I now prefer his workouts over anything else. So many amazing things have changed within my body since I started boot camp. The obvious is that I have lost a solid dress size and my family, friends and co-workers keep telling me that I look great. The subtle changes, like a better posture, a lowered pulse rate, lower blood pressure, increased core strength and flexibility, glowing skin and lowered stress and anxiety are the changes that keep driving me to attend Adventure Boot Camp. I am sure you may wonder if this is the right program for you. If you want to get fit, meet amazing women, and have motivational and caring instructors guide you on your personal journey of self-discovery then this is definitely for you.

Wendy LaVoncher - The Woodlands, TX

