

Shields Valley School Adult Education along with
Beyond The Fit Academy Presents:
LIVE FIT & STRONG 2022 FITNESS CHALLENGE

WITH DEEDEE MORFORD *ACE CERTIFIED PERSONAL TRAINER,
FITNESS COACH & INSTRUCTOR WITH THE ARTHRITIS FOUNDATION

ARE YOU READY TO GET IN PHENOMENAL SHAPE?

APRIL 6 - JUNE 8

10 WEEKS - 1 BOOT CAMP TRAINING SESSION ON WEDNESDAY NIGHTS AT 6 PM

TEAM UP AS A : QUAD~ YOU + 3 FRIENDS

TRIO~ YOU + 2 FRIENDS

DUO~ YOU + 1 FRIEND

SOLO

INITIAL WEIGH-IN, MEASUREMENTS, & IMPACT FIT TEST ON APRIL 2 OR 3

**KICKOFF MEETING: WEDNESDAY, APRIL 6 AT 6:00 PM
IN THE WILSALL GYM.**

NEW: NUTRITION WORKSHOP ~ SUPERCHARGE YOUR METABOLISM
AND BLAST FAT (EXTRA FEE)

LIVE FIT & STRONG 2022 INCLUDES:

- ~THE **IMPACT** FIT TEST(7 DIFFERENT TESTS)
- ~7 POINT BODY FAT TESTING, CIRCUMFERENCE MEASUREMENTS & BEFORE & AFTER PHOTOS
- ~ LATEST CUTTING-EDGE STRENGTH WORKOUTS (NEW WORKOUT EACH WEEK TO DO AT HOME)
- ~CARDIO THAT COMBINES RESISTANCE W/ INTERVALS- **A TOTAL BODY BURN WITH SLIDERS AND LOOPS!**
- ~ROUTINES THAT CONTINUALLY KEEP YOUR MUSCLES GUESSING-GET STRONGER, LEANER, & MORE BALANCED
- ~ INTRODUCTION OF NEW **COMMIT MAX 45 MINUTE WORKOUTS** ~**NEW AB INTERVAL** WORKOUTS
- ~**NEW** CORE CONDITIONING ~ **NEW** ARM SCULPTING WORKOUT ~ **NEW** LOWER BODY TRAINING
- ~ISOMETRIC CONTRACTION AND INSTABILITY TRAINING TO MAKE YOUR CORE **ROCK SOLID**
- ~ INDIVIDUAL NUTRITION PROGRAM W/FOOD JOURNALS AND HANDOUTS/ **24 HR. ACCESS TO YOUR TRAINER (ME)**
- ~"FRIENDS & FAMILY NIGHT" BRING YOUR SON, DAUGHTER, NIECE, NEPHEW, & FRIENDS TO BOOT CAMP
- ~ I WILL BE MOTIVATING AND CHEERING YOU ON THE ENTIRE CHALLENGE!!!
- ~AWARDS AND PRIZES BASED ON THE **IMPACT** FIT TEST ANNOUNCED AT THE LIVE FIT & STRONG PARTY!

COST: \$100.00 FOR EACH PARTICIPATE

IF YOU DOUBT YOUR MUSCLES COULD FEEL ANY MORE CONFUSED, YOU HAVEN'T SEEN ANYTHING YET! THIS IS A POWERFUL EXPERIENCE! IT WON'T JUST **INSPIRE US** OR **CONNECT US**, IT WILL **TRANSFORM US!**

Call 578-2535 to Reserve Your Spot. SPACE IS LIMITED.

PAY AT THE DISTRICT OFFICE IN WILSALL, OR THE SCHOOL OFFICE IN CLYDE PARK OR MAIL TO
P.O. BOX 131 WILSALL, MT 59086

Email- deedee@beyondthefit.com or call 570-8718 for questions

Visit us at Facebook- livingston bootcamp Website: beyondthefit.com

THE TOUGHEST FUN YOU WILL EVER HAVE!

