

Bootcamp Programs and Fees

First workout is free for all programs - come and try it out.

All programs are month to month auto-debit enrollments. No contracts or long term commitments. There are no refunds but there is an easy, 5 day notice by email, cancellation policy. Special programs expire after the designated time and you have the option of picking one of the standard programs if you wish to continue.

Special 14 day fat flush program: 2 days a week plus nutrition handout and coaching, targeted fat loss cardio program and a done for you meal plan for 2 weeks. 7pm-8pm on tue/thu. Only 49.00

Human billboard program: You become my walking / talking billboard by getting into awesome shape and assisting me with marketing by attracting referrals. You get the bootcamp unlimited program for 67.00 and 1 paying referral a month.

Special 21 day rapid fat loss program: 3 days a week for 3 weeks, plus nutrition handout and coaching, targeted fat loss cardio program.

M-W-F 6am-7am. Only 97.00

Fitness Sustainment Bootcamp: If time and budget are concerns, then this 2 day a week program can keep you on track. Plus nutrition handout and coaching and targeted fat loss cardio program included.

Tue and Thurs at 7pm-8pm. Only 99.00

Bootcamp Unlimited: get 10 workouts a week, per month plus nutrition handout and coaching and targeted fat loss cardio program. You can attend the M-W-F 6am-7am bootcamp, the M-W-F 12-1pm lunch time bootcamp, and the M-T-W-T 7pm-8pm bootcamp.

Only 199.00

Men's Military Functional Strength and Conditioning Bootcamp: Great for performance enhancement, school prep, APFT improvement. Proven and tested with active duty officers and NCO's. M-W-F 6pm-7pm. Only 150.00