



Goddess In Motion Bootcamp 102

The fundamental factor in being a gorgeous Goddess is to glow with health & vitality. This means treating your body with the respect it deserves. It's not about weight or sporting prowess - it's about maintaining a healthy lifestyle and listening to what your body needs. Keeping your body in tune is the first step to fostering a healthy mind and spirit too.

What is it?

A 6-week program designed to get you feeling and looking your absolute best!!!!

Who is it for?

- ✓ Women who want a safe, effective & fun way to re-style their lives and bodies.
- ✓ Busy women who need motivation, encouragement & results.
- ✓ Women of all shapes, sizes and fitness levels.
- ✓ Women interested in competing in fitness or figure competitions. (e.g. Galaxy)
- ✓ Brides-to-be wanting to be picture perfect!

What is included?

1. **Three 1.5-hour training sessions per week:** Sandy Olesen will be training you 3 times a week to ensure maximum results. She's just returned from California where she studied under George Snyder, who is the founder of Miss Olympia & Galaxy Fitness, to take the Freestyle Certification Program. She is one of the only Canadian personal trainers who is Freestyle certified (the world's only WOMEN'S PROGRAM). She has taken this extra certification to ensure that all participants in this very special program can achieve a body that they thought was impossible! All training takes place at Reflex Gym in Langley. The **gym membership is also included** in your registration fee.
2. **Nutrition counseling ½ hour per week:** Your diet is up to 80% of what you look like. Sandy and special guest speakers will help with recipes, planning tips, eating on the go as well as the basics. Having the benefit of group support and encouragement will ensure your success! Held at Reflex Gym before the training session.
3. **One ½ hour massage per week:** All work and no play is not the motto of Lifestyle Fx. Your bodies are going to get tired and sore. Mentally you are going to be exhausted. Judi Meihl will ease the effects of intense training with a choice of either a relaxing or sport massage at Wokini Day Spa.

4. **One ½ hour esthetics service per week:** Looking beautiful on the outside helps to make you feel beautiful on the inside. Each week you will be pampered with a facial, manicure or pedicure at Wokini Day Spa.
5. **Special discount for sport supplements:** Scott at Taurus Fitness Products in Langley will be happy to help you understand the special requirements your body has as an active women.
6. **One skincare & make-up application class:** During the course of the program, one additional time will be set aside for a special class taught by Julia Hoogstra. She will teach you all the latest styles and techniques in make-up application as well as the basics in skincare. Look as good as you feel!
7. **One hair cut & style:** Your body is changing, so why not your hair. Maybe it's time for a complete new look or just a more stylish edge to go with your newfound confidence! Blessings Hair Studio will finish off your new look.

What is all of this worth?

Our program is complete! It gives you access to everything you need to be in phenomenal shape. If you had to pay for all of the above services separately, the cost would be over \$2700.00!!!

Our all inclusive registration fee is only **\$795.00!** That's less than **\$135.00 per week!!!!!!**
Space is limited!!!!!! Only 8 spots in each!

How to register?

By phone: Sandy Olesen (604) 833-4509

In person: Wokini Day Spa 4045-200th St Langley
(Cash, cheque, visa or master card)

When does it start?

Monday January 12, 2004 for 6 weeks

Evening Bootcamp – Monday, Wednesday & Thursdays - 6:00 – 8:00 pm

Morning Bootcamp – Monday, Wednesday & Fridays - 9:00 – 11:00 am

Plan ahead to take off those extra pounds you put on over the holidays, before we fill up!

Give yourself a NEW YOU for Christmas!
Or to someone you love.....a gift with
.....effects lasting a lifetime.

Gift certificates available

**Bootcamp 101 is going great! Everyone is loving it so much they will joining us again
in Bootcamp 102 in January. Stay tuned for some testimonials.**

Sponsored by:

Lifestyle Fx – Sandy Olesen
604-833-4509 www.lifestylefx.net

Wokini Day Spa – Judy Miehle
604-530-2111

Reflex Gym – Gabriel Festing
604-532-0079 www.reflexfit.com

Taurus Fitness Products – Scott Dyck
604-514-9129 www.taurusfitness.com

Julia Hoogstra-Beauty Consultant
604-574-3391

Blessings Hair Studio – 604-533-2772

Well Beings Health & Nutrition Centre – Lloyd Baker
604-539-0500

Saje Aromatherapy – 604-534-1088

**If you are a related business and would like to be involved, please call Sandy Olesen
@ 604-833-4509**