







# Beach Ready


## SPRING CLASS AVAILABILITY


 **M, W, F Early Bird 5:35am to 7:05am** \$299.99 plus gst.  
(2 spots left.)


 **M, W, F Morning 9:30am to 11:00am** \$299.99 plus gst.  
Note: Babies are welcome to join their mommies at this class.  
(1 spots left).


 **M, W, F Evening 6:00pm-7:30pm** \$299.99 plus gst.  
(Sorry this class is now full)

 **T,TH, Evening 6:00pm-7:30pm Sat morning 9:00am**  
\$299.99 plus gst (Sorry this class is now full)

 **NEW!!!! Boot Camp Blast:** This is an action packed one hour boot camp blast class. There is no nutritional component in this class, but be sure that you will get an extraordinary workout and loads of nutritional tips. Pick the 2 day option on Mondays and Wed from 11:15am to 12:15pm for 150\$ + GST or add an extra class a week to make it into 3 workouts a week for an extra \$49. (We have a 20 client maximum in this class and there are 8 spaces left).

 **BRAND NEW!!!! EVENING CLASS:** Due to popular demand, we are opening a 3<sup>rd</sup> evening class to accommodate all of our evening clients. So go ahead and spend the evening with your children, put them to bed, and then head out to fit an amazing workout in to your routine. This class is on Mon & Wed Evenings at 7:40-8:55pm and Fridays at 6:00- 7:30pm. Note: nutritional coaching is included in this class to maximize your results. (We have a limit of 20 clients in this class and lots of spots open).

 **Lunch Hour:** We are hoping to open our downtown lunch hour boot camp this summer. We will keep you posted about the availability of this class.

 **Summer Camp Begins:** June 21st, 2008. Registration for this class is now open.

## HIRING

Are you passionate about exercise & healthy balanced living? Do you have a strong desire to help people reach and exceed their fitness goals? If you are a personable, outgoing, and confident individual who has a good understanding and belief in our program, we are looking for you!

LFS is looking to hire assistants and leaders who are flexible and able to work 2-4 shifts per week. You must have completed at least one boot camp...all our staff must have "walked the talk" because with action comes wisdom. It will give you deeper understanding of the obstacles our clients face from a first hand point of view.

There are educational requirements that will need to be met. However, the staff at LFS can guide you to the appropriate courses. Desire and commitment are our first priority. The successful candidate will receive one-on-one training, competitive wages and the honor of being part of the LFS team! (not to mention free boot camp!)© Please e-mail your resume and cover letter to us at [getfit@lfsbootcamp.com](mailto:getfit@lfsbootcamp.com)





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## RECIPE OF THE MONTH


### **KIM'S 4 MINUTE YUMMY SOUP.**

2 tbs of brown rice (pre-cooked the night before)  
2 tbs of Black beans or  
2 Heaping tbs of diced tomatoes  
Approx ¾ cup of chicken or vegetable broth (I just dump it in until it looks soup....grin)  
½ tsp of Victorian Epicure Salsa spice mix

Note: Make sure to rinse your beans after you open the tin or you might get extra "tooty" in the evening☺

Combine ingredients into a bowl and microwave for 4 minutes

### **Minestrone Garnish:** ½ tsp of Parmesan

 **Mexican Garnish:** ½ a corn tortilla (toasted) broken up into pieces, cilantro, and ¼ of an avocado to make A fast delicious tortilla soup.


To make this into my meal (usually lunchtime meal) I add 1 cup of cooked broccoli. Heat on high in the microwave for 1:30min and drizzle ½ tsp of omega 3 margarine on top. Drink with green tea and lots of water☺





## FIT TIP OF THE MONTH

### **Building Definition in your Arms**

With the warmer weather lurking right around the corner, we will be digging out our tank-tops and shorts very soon. To get beach ready arms try some of these training tips to maximize your results in less time. Being a busy mom of 2, manager of my household, owner of a company, and a manager of my dream team leaves me with little time for myself. So I have to make the most out each workout and this is how I do it.

 **Slow your Reps Down:** Don't rush your workouts especially your arm workouts. In other words, be present and count the timing of each rep during your all your upper body exercises. When I am wanting to build muscle tone I will slow things down a bit and count "1-2" on the way up and "1-2-3-4" on the way down. When you do this, you are working your muscles in both directions. As a result, you will engage more muscle fibers and increase muscle recruitment at the same time, which ultimately produces better results.

 **Speed Things up in-between your Sets:** In-between my strength sets I like to keep my heart rate up so I will grab a skipping rope and will do at least 100 skips after each set. When you do this you make the most of your workout time and maximize calorie burning during and after your workouts.

 **Put your Mind in your Muscle:** Try to focus on your form during the entire exercise. As you approach the point that "you don't think that you can do one more" pay attention to your form and don't let your form break to fit one more in. I encourage you to keep on trying for "one more" until you can not complete a full lift, a full push, a full curl, or a full press. Remember, the mind will give out before the body, so as you get close to your last rep, focus on the squeeze at the top and "do just one more" until you can't lift without breaking your form. This way you are continuously training outside your comfort zone....when challenge your mind and body with every workout your results will be magnified.



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