



Sign Up for
Camp
Today!!!

Program Benefits!

- *Reduce body fat!*
- *Increase your strength!*
- *Improve your flexibility!*
- *Look and feel great!*
- *Add to your overall quality of life!*

Program Includes:

- Weight training
- Running
- Plyometrics
- Circuit training
- Free Meal Plans
- And more!

Jump Start Your Life!

Get fit today with Fit Nic Inc's
Ultimate Bootcamp!

SEE a difference in Just 4-weeks!

Fit Nic Inc's Ultimate Boot Camp is an indoor/outdoor fitness program designed to give your life a jump start! The program is affordable and includes FREE health and nutrition information. You will be inspired to finally stop talking about getting in shape and finally **BE** in shape. The camp utilizes basics of exercise principles to get you back on track for the Ultimate You!

Don't wait! Get fit now!

Locations in

Monroe, Loganville & Covington!

Contact Nicole now at Nicole@fitnicole.com or call (770) 266-1638!