

2BFit Girlfriends Inc. Boot Camp

Congratulations on making the commitment to getting fit, becoming stronger, preventing injury and having fun! Doing something healthy for yourself is not only empowering, it's a requirement to staying healthy and living a better quality of life.

Boot Camp Information

Please complete the enclosed paperwork and bring it with you on the first day of boot camp. We will weigh in and take measurements and body fat to have a baseline. Bring with you a kettlebell (18-20 lbs would be reasonable to start), a thick yoga mat, water, a towel and a food journal for the past week, if you so desire. Tips on nutrition will be provided on an individual client basis. Please come around to the backyard when you arrive, as the training will be in the backyard on the south side of the house. If you need to get in touch with me, please contact me on my cell phone (817) 521-4557. The address is 9704 Wagon Court, Keller, TX 76244.

We will continue to work out rain or shine, unless there is thunder/lightening or ice. If that is the case, I will send a text message on your cell phones 20 minutes prior to the start of class. Please let me know the best phone number to send that message. If you are unable to receive text messages, please let me know and I will arrange to call you.

The cost of the training for new recruits is \$95 for 3 days a week and \$85 for twice a week for 4 weeks. First payment is due on the first day of Boot Camp. Dues are non-refundable, but are transferable, if you'd like to send someone in your place. Please let me know ahead of time if you would like to send a replacement along with their contact information.

The bootcamp will include functional training exercises using dumbbells, kettlebells, body weight and other items to prevent injury, build strength, increase performance and produce general fitness. This will include flexibility training and mobility, core strengthening and work each body part with an overall anaerobic workout, which also will include running, and other high impact activities.

About the Trainer

In the year 2004, God had finally revealed Toni's passion to her and she have been pursuing it ever since. That passion is to help people get into shape, feel confident about their physical appearance, and have fun doing it. Toni has been an avid runner since the early 1990s, and started training for her first marathon in 2003. She has run 19 marathons and is a seven time Boston Qualifier (with the more aggressive qualifying times). She has also completed multiple triathlon distances including a half ironman. She has been a marathon and running coach for Luke's Locker in Colleyville and Fort Worth, a Certified Personal Trainer for LA Fitness, Club One and a fitness instructor at Womax. Toni currently runs her own business and trains individuals in their homes and has fitness classes of all levels. She is a Certified Personal Trainer, Fitness Nutrition Specialist, Corrective Exercise Specialist, Behavior Change Specialist, Performance Enhancement Specialist and a Cardio Performance Specialist through the National Academy of Sports Medicine (NASM) and is a Certified Level 1 CrossFit Coach and Certified CrossFit Endurance Coach. Training protocols for Toni's clients include flexibility, balance, anaerobic performance, core strength, and overall muscle strength. All of these combined result in full range of motion of the joints and muscles and faster performance, which in turn, help you become a stronger, healthier, injury free athlete.