

# OMCORE'S BIKINI BARRE BOOTCAMP IS DESIGNED FOR WOMEN TO BURN FAT, TONE MUSCLES, IGNITE THE METABOLISM AND INCREASE ENERGY LEVELS!

Are you ready to rock your bod into a bikini, ladies?! Or, perhaps, you just want to change and amp up your fitness routine a bit?! Bikini Barre Bootcamp will require hard work and commitment but it will be FUN and you WILL see results. Here's the deal:

BBB is a high intensity interval training (HIIT) program designed using 60 second intervals of traditional exercises (jumping jacks, burpees, squats, lunges, push-ups, etc.) and OMCORE barre exercises. We will safely exercise all the muscle groups of the body, particularly the abs, glutes and thighs.

BBB is a 4-week sponsorship & accountability program which will run Tues-Wed-Thur AND Fridays, May 5-May 29, from exactly 7:15-7:45am. The cost for all classes is only \$100 (non-refundable). We will take before and after measurements to measure your SUCCESS(!) and will discuss nutritional guidelines to follow so that you may develop and continue healthy eating patterns.

\*\*\*To join the program, you and a friend must SPONSOR each other. If one of you misses a session, BOTH of you get released from the program without a refund. How's that for ACCOUNTABILITY?! Valid reasons for missing a session will be taken into consideration (legitimate illness, a sick child, you're out of town, etc.)

The purpose of the sponsorship & accountability program is to motivate you to STICK WITH IT. If you attend each session for 4 weeks and follow a healthy eating plan, YOU WILL SEE POSITIVE CHANGE and, more importantly, YOU WILL FEEL FANTASTIC!

Space is limited to 18 participants so find a partner and sign up asap by first clicking "Class Sign-Up" and then "Special Events" at [www.omcoreyoga.com](http://www.omcoreyoga.com).

Please call Patricia directly at [912-230-2287](tel:912-230-2287) with any questions.

**BOOM! YOU CAN DO THIS!**