

Why SA Transformation?



SA Transformation Fitness Boot Camp

Change your thoughts, Change your actions, Change your life!

Accessibility

4 Convenient Locations

- UTHSC Track
- Walker's Ranch Park
- Stone Oak Park
- Culebra Creek Park

10 Convenient Classes Monday-Friday

- UTHSC Track 5am,530a,6a
- Walker's Ranch Park 530p,6p
- Stone Oak Park 5a,530a
- Culebra Creek Park 530p,6p,630p



SA Transformation Fitness Boot Camp

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What Can I expect?

- Results within 2 weeks
- Personalized Nutrition Plan
 - Accountability

Why is this the best Boot Camp for me?

- Your workout is adjusted for you
You do what you can at your pace
- Consistent Feedback of your Nutrition choices
We coach on how to choose the right foods and the right portions
 - Accountability
We hold you accountable for your attendance, food choices
and your success!!

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Compare Convenience

Boot Camp	Locations	Am Class Times	Pm Class Times	Training Days
SaTransformation.com	4	5	5	MTWTHF Occasional Sat
Adventure BootCamp	2	2	0	MTWTHF
ELITE LADIES FITCAMP	2	1	3	MWF,MWS & MTTh
Elite Fitness	2	0	2	MW sat
MPT	2	1	2	MWF

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Compare Investment

Boot Camp	Personal Nutrition Plan	Award/Loyalty Rate Referral Prog	Class Programs	Class Cost Per session (4 wks)
SaTransformation.com	Yes-No added Cost	3d-\$84,4d-\$104 5d-\$120 Plus Ref Prog.	3	3days-\$180 4days-\$224 5days-\$260
Adventure BootCamp	Yes-add \$300	None Found	2	5 days \$299 3 days \$180
ELITE LADIES FITCAMP	Yes-No Added Cost	None Found	3	3days \$199 2days \$149 1 day \$89
Elite Fitness	Food Journal	None Found	2	2 days \$75 3 days \$100
MPT	None Found	Ea bird/Ret Camp \$20 off	1	3days \$175

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Compare Value

Boot Camp-estimated Avg fat loss 5-10lbs with Nutrition Plan	1 month of training	3 months training	3 months savings w discount	Current Specials for Better Health
SaTransformation.com Nutrition Plan Incl. 10 classes/6 days/4 loc	3days-\$180 4days-\$224 5days-\$260	3d-\$348 4d-\$432 5d-\$500	3d-\$168 4d-\$240 5d-\$280	1)2 for 1 2)3mos-varies 3)4mos-\$460
Adventure BootCamp Nutrition plan +\$300 2classes/5days/2 loc	5 days \$299 3 days \$180	5 days \$897 3 days \$540	No Discount offered	NONE
ELITE LADIES FITCAMP Nutrition Plan Incl 3classes/3days/2 loc	3days \$199 2days \$149 1 day \$89	3days \$597 2days \$447 1 day \$267	No Discount offered	Unlimtd \$399
Elite Fitness Food Journal 2classes/3days/2 loc	2 days \$75 3 days \$100	2 days \$225 3 days \$300	No Discount offered	NONE
MPT 3classes/3dy/2 loc	3 days \$175	3 days \$485	3 day \$13	NONE

How will I know it's working?

- Results-
- Fat loss-Muscle Gain - Energy Spike
 - Loose Clothing
 - Firmer Body

What is included in the program?

- **Results**-Fat loss, Muscle Gain & Energy Spike
- **Personalized Nutrition Plan**- Designed for you with follow up and feedback.
- **Accountability**- We will help you stay on track with your attendance, workouts and nutrition.

I need to get healthy!!

What's the next step

- Commit to yourself-Commit to your food plan-Commit to the Program
 - Attitude-
 - Have an attitude of Expecting the best!

• **Enroll Now**