



EXL Personal Training Boot Camp

All campers enjoy...

1. Highly metabolic boot camp workouts designed by a certified personal trainer. Workouts include state of the art core training, cutting edge injury prevention exercises, strength training and energy system development.
2. 16 Week Rapid Fat Loss Cardio Program
3. Carb Rotation Diet Program with hundreds of meal plans
4. Online workout videos for use during travel or at home
5. Nutrition session including grocery store tour, cooking lessons and demonstrations
6. Initial orientation with measurements and body composition analysis (body fat measurement), anthropomorphic measurements, basic cardio and strength tests
7. Not to mention accountability, camaraderie, fun and RESULTS!!
8. Family and referral discounts available
9. Optional add-ons include Boot Camp Express and Maximize Your Metabolism nutrition coaching available

Camp Times: M/W/F @ 6, 7 and 9am and 5:30pm (9am is a Women's Only camp)

Rapid Results EXL Personal Training Boot Camp Pkg (3 x week). Best price per session and get the best results.

12 months, month-to-month	\$3,108		\$259/month
paid in full	\$2,149	save 30% (\$959)	\$180/month
monthly financing		save 25% (\$720)	\$199/month
			(\$597 down + 9 payments of \$199)
6 months, month-to-month	\$1,554		\$259/month
paid in full	\$1,243	save 20% (\$311)	\$203/month
monthly financing		save 15% (\$240)	\$219/month
			(\$438 down + 4 payments of \$219)
3 months, month-to-month	\$777		\$259/month
paid in full	\$681	save 12% (\$96)	\$227/month
monthly financing			(\$359 down + 2 payments of \$209)

Executive EXL Personal Training Boot Camp Pkg (2 x week M/W/F). Great for campers that can't make the 3 times a week commitment in the Rapid Results Pkg, or are performing other training programs in conjunction with boot camp.

12 months, month-to-month	\$2388		\$199/month
paid in full	\$1672	save 30% (\$716)	\$139/month
monthly financing		save 25% (\$597)	\$149/month
			(\$450 down + 9 payments of \$149)
6 months, month-to-month	\$1194		\$199/month
paid in full	\$955	save 20% (\$239)	\$159/month
monthly financing		save 15% (\$179)	\$169/month
			(\$339 down + 4 payments of \$169)
3 months, month-to-month	\$597		\$199/month
paid in full	\$525	save 12% (\$72)	\$175/month
monthly financing			(\$275 down + 2 payments \$161)

Cross Trainer EXL Personal Training Boot Camp Pkg (1 x week M/W/F). Ideal for highly active campers that are already performing multiple personal workouts in a week and want to add just one more form of exercise to their usual weekly workout routine.

12 months, month-to-month	\$1428		\$119/month
paid in full	\$999	save 30% (\$429)	\$83/month
monthly financing		save 25% (\$357)	\$89/month
			(\$270 down + 9 payments of \$89)
6 months, month-to-month	\$714		\$119/month
paid in full	\$571	save 20% (\$143)	\$95/month
monthly financing		save 15% (\$108)	\$101/month
			(\$202 down + 4 payments of \$101)
3 months, month-to-month	\$357		\$119/month
paid in full	\$314	save 12% (\$43)	\$104/month
monthly financing			(\$178 down + 2 payments of \$89.50)

EXL Fitness Boot Camp Express (2-3 x week T/Th/Sa). A great option for those with time restraints or budget limitations. These 30 min workouts utilize body weight exercises for a unique strength training and cardio emphasis. Times are TTh 6:30 & 7:00 am and 6:00 pm; Sat 8:30 am

3 months 2 x week	\$79/month
3 months 3 x week	\$99/month

Camp Add-ons: can be added onto any of the above boot camp packages.

Boot Camp Express 2 x week	+\$59/month
Boot Camp Express 3 x week	+\$79/month
Maximize Your Metabolism Nutrition Course 2 x month	+\$49/month

We accept: American Express, MasterCard, Visa, Discover, Check (\$20 service fee per check if financed monthly)

Discounts

1. 25% discount for each additional family member
2. 12-30% discount offered for paying in full or financing 6 or 12 month agreement
3. 15% military or public servant discount
4. \$10 discount for each referral that attends New Camper Orientation (applied to next payment)

*Prices subject to change, check with Mat for the most current rates

Most Popular Packages & Specials

1. Rapid Results (3 x week) for 3 months paid in full \$681
2. Rapid Results (3 x week) 12 month commitment paid monthly @ \$180/month. This is a special pricing for those with the means and motivation to commit for a year. Normally \$199/month...a savings of \$228.
3. Executive Package plus 2 weekly Boot Camp Express Workouts (4 weekly workouts) for 3 months PIF \$702 or monthly @ \$234
4. Rapid Results plus 3 weekly Boot Camp Express Workouts (5 weekly workouts) 3 months PIF \$822 or monthly @ \$274
5. Boot Camp Express 3 weekly workouts for \$99/month