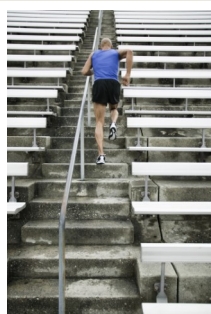




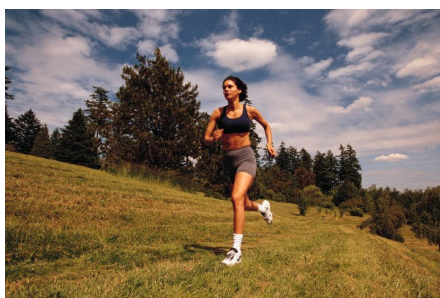
June 2010

Fired Up Fitness—Where's Your Inner Fire?

Fired Up Fitness Blazing Boot Camps



Where did your inner fire go? Let Fired Up Fitness help you find it. Registration is now on for our next session of outdoor boot camp. Join us for a fun, fast paced workout designed for all fitness levels. All classes include a mix of cardiovascular, strength, agility and flexibility...there is definitely something for everyone. Classes run Mon/Wed evenings in the SW and Tue/Thurs/Sat in the SE. Check out our [schedule](#) online to find a class that suits you.



Thank You From Fired Up Fitness!

Fired Up Fitness wouldn't be where we are now without our wonderful clients! **Thank you to you all.** Your word of mouth and loyalty has helped us grow more than we ever expected over the last 18 months and we couldn't be more grateful.

New Ways to Save on Fitness

Want to do a Fired Up Fitness Blazing Boot Camp for Free? Well, new this spring, when you buy three full time boot camp sessions you will get your 4th free! If you prefer to pay-as-you-go for classes, we offer \$10 off registration in consecutive classes and an additional \$10 off if you bring a friend.

Save on Personal Training by signing up with a friend. Get fit and have fun where you want because we come to you. [Contact us](#) for more information.



During the month of May we were excited to honour three clients that have been with us for over a year.



Congratulations Jodie, Christine and Janet. Way to go ladies!



Fired Up Fitness Blog—Fitness, Nutrition, At Home Workouts & More



Looking for the latest news on Fitness and Nutrition? Need some motivation or something different to do at home? Check out the Fired Up Fitness Blog at www.firedupfitness.ca/blog.php. You'll find at home workouts that do not require equipment, links to interesting articles regarding fitness and nutrition and even some healthy recipes.

Fired Up Fitness Move of the Month

Oblique Crunches with Core Stability Ball

Muscles Worked: Abdominals

How To: Sit on comfortably on the floor. Place a core stability ball or slightly deflated rubber ball under your lower back near your tailbone. Place hands gently behind your ears and relax your shoulders. Activate your core muscles and slowly lift your right foot off the ground with your right knee bent. Twist so that your left elbow meets your right knee. Return to start and repeat with the left leg/right arm. Repeat for 10-20 reps.

Tips

- * Keep the shoulders down and away from the ears to protect them from injury.
- * Do not strain the neck or pull your head with your hands.
- * Keep abdominal muscles active (belly button pulled in towards the spine)



Questions or comments? Email us at info@firedupfitness.ca or call 403-463-3887