

Have a Ball this Fall with Fired Up Fitness

Get Fit On Your Own Time, In Your Own Home!

What makes Fired Up Fitness the right choice to help you get fit and be healthy? We come to you! We are certified personal trainers that will come to your home and give you an effective workout at a time that works for your busy schedule. We bring all the necessary equipment and an individualized program. It has never been easier or more affordable to change your life.



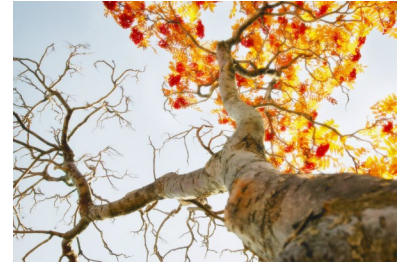
We can also create a program that you can do, on your own, in the comfort of your own home, with the equipment that you have available to you. Don't have any equipment? No problem, we can create an effective workout using body weight only. Contact us for more information to see how we can help you reach your health and fitness goals this fall.

1st Annual Fired Up Fitness Charity Boot Camp

Join us on **Saturday Sept 19, 2009** from 10:00am-11:30am for our first annual Fired Up Fitness Charity Boot Camp. The cost is \$15 per person for a 90min class and all proceeds will go to *The Alberta Children's Hospital Foundation*.



Charitable receipts will be provided for donations of \$20 or more. All fitness levels are welcome, no previous boot camp experience needed. Join us for a great time, a work out and help out a fantastic charity all at the same time. Class will be held at Richmond Green Park in SW Calgary. Contact us at info@firedupfitness.ca for more information and to register for this fun, feel-good event!



Join a Blazing Boot Camp This Fall.

Now two locations to serve you better! Registration is now open for our fall session beginning Sept 15 in the **Mckenzie** area (SE Calgary) and Sept 28 in the **Killarney** area (SW Calgary).

Classes will be held outdoors. All fitness levels are welcome.



Bring a friend and receive \$10 off your full-time registration.

Check out the Fired Up Fitness [website](#) for more details or to register.



Fired Up Fitness is now on Facebook! [Join our group](#) and keep up to date on the latest in fitness and nutrition to help you "Find Your Inner Fire". We hope to be your source for fitness information and motivation.

Why Choose Fired Up Fitness!

It all started for me in September 2008 when I entered a weight loss competition at work that ends June 30, 2009. I tried for the first few months by myself, working out and having a good nutrition plan (or so I thought). Well, after the mid-point weigh-in, it was clear, I could not do it without some help...that's where Fired-up Fitness comes in. I first attended Fired Up Fitness Boot Camp in March and I was addicted. In order to win the competition, I needed to kick it up a notch, so not only did I sign up for boot camp 2 days a week, but I signed up for personal training 3 days a week. After the first 6 weeks, I had lost 12 inches and had a lot more energy. Lauren took me to the grocery store and gave me lessons on how to eat nutritiously, turns out I wasn't eating enough (who would have thought that was possible). My plan is all falling into place...Fired-up Fitness has not only helped me learn what to do (and what not to do) but Lauren and Carmen really help keep me motivated (watching how strong they are is really inspirational) and since they come to me, I have no excuses not to do the workouts!! June 30th is only 6 weeks away and I am confident that I am going to win the competition...but even if I don't, I already won with my new healthy lifestyle.

Deniece Kennedy, Director of Finance, Calgary Flames Limited Partnership (05/10/2009)

Questions or comments? Email us at info@firedupfitness.ca or call 403-463-3887 or 403-860-5121