

MAKE 2014 THE BEST YEAR EVER!

WOMEN WARRIORS BOOT CAMP

at Hofstra University

featuring

CARA CASTRONUOVA

Two-Time Golden Gloves Champion
Trainer, *The Biggest Loser*, Season 11

Monday, January 2, through Friday, January 17, 2014*

5:45 -7:45 p.m.

Fee: \$595 for 12 sessions*

*No classes on weekends

Hofstra Fitness Center

A Hofstra waiver is required to participate

Saturdays, February 15-March 8, 2014

10:15 a.m.-12:15 p.m.

Fee: \$225 for 4 sessions

Hofstra Fitness Center

A Hofstra waiver is required to participate

DO YOU ...

- Struggle with your weight?
- Try every new fad diet that comes along?
- Make a New Year's resolution every year, only to give up before the end of January?

THE BIGGEST LOSER TRAINER WILL HELP YOU GET SERIOUS.

Boxing Champion and martial arts expert Cara Castronuova, who trained contestants on NBC's hit show *The Biggest Loser*, is coming to Hofstra in January 2014 for an intensive boot camp. If you're serious about losing weight and getting into shape, then you can't afford to miss this one-of-a-kind program!

A NEW DIET AND EXERCISE REGIMEN DESIGNED JUST FOR YOU

In addition to daily workouts; informational and motivational talks about diet and nutrition; guidance on Reiki, meditation, yoga, self-help and other spiritual practices; and a class dedicated to creating a personal diet plan and exercise schedule, Cara will meet with each participant individually.

WOMEN WARRIORS BOOT CAMP CLASSES:

- Boot camp-influenced workouts
- Zumba®/dance aerobics
- Cycling
- Boxing/mixed martial arts
- Cardio circuits
- Interval training
- Aerobics
- Agility and plyometric drills
- Metabolism-boosting workouts
- Metabolic resistance training (MRT)
- Proper indoor and outdoor jogging techniques
- Proper use of gym equipment
- Strength/circuit training
- Sports-influenced workouts
- Obstacle courses
- Yoga
- Guided meditation
- Reiki healing circle
- Diet and nutrition planning
- Creating personal workout plans
- Developing long- and short-term goals

*Program fee includes all classes, two T-shirts, and new armbands/headbands to mark weekly progress.

To register or for more information, visit
ce.hofstra.edu/bootcamp or call
516-463-CAMP.



HOFSTRA UNIVERSITY®
CONTINUING EDUCATION

"I would strongly recommend boot camp to anyone looking to become healthy and strong. I learned how to eat properly as well as count and burn calories. Working out was fun and challenging, and I tried out new types of exercise that I would never have tried otherwise!"

-Valerie Ritacco, *Boot Camp Warrior*