

2011 Workout Series

SPRING & FALL

FINDING FITNESS IN THE GREAT OUTDOORS

2011



Bootcamps * Workshops * Retreats

Spring Bootcamp

March 28 - May 11
Mon. & Wed. 6-7 pm
6 weeks - \$150

Mill of Kintail Conservation Area
2854 Conc. 8, Almonte

- Trails
- Resistance training,
- Kettlebells,
- Running technique & more.



For every fitness level.

Group Programs

- Cleansing Diets
- Beating Stress in Sport & Life
- Bootcamp Workouts
- Clean Eating
- Secret to Goal Setting
- Eating for Energy
- Running Technique
- Outdoor Resistance Training
- Juicing for Life
- Stretching/Pilates
- Revolutionary Exercise Plans
- Symbolism in Nature
- Sugar Free & Gluten Free Diets

1 hr, 1 day or 1 weekend programs - email to book

Group Running

FREE - open to everyone
Saturdays 8:30 a.m. April
technique, breathing, striding & plans

FUN RUN/WALK - April 30
Mill of Kintail Trail Run
Raising money for CHEO
www.outofthewoodz.ca
for registration form

Fall Bootcamp

Sept. 7 - Oct. 17



www.outofthewoodz.ca
kristygiles@me.com



Let's get "back to basics" and start to make life simple, healthy and happy... it is easier than you think!

