

The Iron Butterfly Basic Training Bootcamp For “Enlistees”

Who can participate in Bootcamp?

Bootcamp is for everyone! We staff our classes with more than one personal trainer so anyone can participate regardless of age or fitness level. Regardless of class size, your Bootcamp experience is tailored to meet your personal fitness goals!

Our class participants range in age from 18 to 70 years old and are at all fitness levels. We can help you – whether you already have a high level of fitness, or whether you get hives when you hear the word “workout”! Regardless of who you are, we have the strategy to revolutionize your workout and your health!

What can you expect from Bootcamp?

Your Bootcamp “Tour of Duty” begins with a one-on-one Debriefing session with a Certified Personal Trainer. You will receive an initial Enlistment Assessment and Evaluation. And we tailor a cardio and nutrition prescription geared toward your lifestyle and goals. We will discuss combat strategies on how you can transform your life, how to stay motivated and how to get the most from your enlistment!

As a Bootcamp enlistee, you may be issued a 6 week Tour of Duty Journal where you will track cardio, nutrition, strength training workouts and overall progress during your personal transformation. (Your journal must be brought to every class and may be subject to a random inspection!)

Your enlistment session is followed by 12 Group Personal Training Sessions where you will strength train two times per week. Class sizes have a minimum of 10 participants who will become your Bootcamp “buddies” and help challenge and motivate you to stay on track.

During your entire Bootcamp enlistment you can expect great team support and bonding. Our motto is “One of us fails, we all fail!” You will not forget your total Bootcamp experience or the buddies you meet there. There is an incredible dynamic in transforming your lives together!

What do we expect from you?

We expect your commitment, discipline and the heart to want to transform yourself. We promise that if you have the desire to change your life, we will give you the motivation and strategy to do it!!

We will expect you to attend each session regardless of how you are feeling that day – tired, discouraged, whatever – we want you there – and we will make sure you are glad you came! Outside of class, we will expect you to keep your Tour of Duty Journal accurate and up-to-date!

Expect change! When you have completed your Bootcamp experience, you will be a new person! Adhere to your cardio and nutrition advice! Get the total package you enlisted for – balance is the key!

Join us for Bootcamp! Enlist with a passion to change and we coach you into making that change a reality! Change the world – change yourself!

What are the details?

Contact the Iron Butterfly Personal Training Staff at (585) 234-BFLY.

**For more information, contact The Iron Butterfly
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