

## What People are Saying About Sustainable Fitness!

"Thanks to everyone at Sustainable Fitness for providing an extraordinary program that is personal, supportive, effective and fun. It's definitely been worth every penny!"

Shannon Benkowsky, Winnipeg



# Sustainable Fitness TRAINING CENTRES

GROUP FITNESS AND PERSONAL TRAINING SPECIALISTS

## Get Fit Live Fit Stay Fit!

**Personal Training with TRX®**  
Developed within the ranks of the US Navy Seals, TRX® Suspension Training® makes personal training affordable

**Womens Boot Camp**  
A fast and effective way to buff up and drop inches

**Build your Best Body Ever**  
Following fitness direction, working hard and sticking with it, you too can build your best body with the right team by your side

**Buddy Training on Budget**  
Share the cost of a trainer with a buddy or two, and **SAVE MONEY!**



### 12 Week Transformation



### Build your Best Body

"At age 49, after a life threatening disorder left me overweight and out of shape, I went from unfit to fit and did it in only 12 weeks through systems we use at Sustainable Fitness. With the right team by your side, you too can build your best body no matter what age or shape you're in." To build your best body, contact us today at [www.sustainablefitness.com](http://www.sustainablefitness.com).

Al. Zimmer, Founder & CEO

# Sustainable

Locations in Winnipeg and Selkirk



# Fitness



**Get Fit - Live Fit - Stay Fit!**

866.921.5391

[www.sustainablefitness.com](http://www.sustainablefitness.com)

## Personal Training with TRX® Suspension Training®

Staying physically active is an investment in your health, so if you have an "on again - off again" relationship with your fitness that's more off than on, hiring a personal trainer may be just the ticket to getting fit and staying fit. To increase the return on your investment, I recommend hiring a certified personal trainer expert in TRX® Suspension Training®, as suspension training is the most cost-effective way to build muscle and burn body fat available.



Suspension Training® was developed by the US Navy Seals to get their troops fit and ready for action. A Suspension Trainer looks like a couple of dangling seatbelts, but don't be fooled by its simple design. Gunnar Peterson, Hollywood's top celebrity fitness trainer uses it to get his A-listers in top shape, as TRX® uses body weight to create resistance to build a fit, strong body. When working with a certified trainer that specializes in Suspension Training®, you can conduct your trainer-directed workouts just about anywhere, not just in a gym, which saves you money. To find a personal trainer expert in Suspension Training® in your area, and to make an appointment for a needs assessment, call Sustainable Fitness toll free at 866.921.5391.



Make your body your machine with TRX

## Meet Your Budget and Fitness Goals With Buddy Training

If hiring a personal trainer doesn't fit your budget, perhaps sharing the cost of a trainer with a friend may be the option you're looking for. Buddy Training is an excellent way to work with a trainer at a fraction of the cost of personal training. Buddy Training provides for up to four clients to split the cost of their posted hourly rate, when trained in a small group. This highly effective training service is sometimes called "small group personal training"; however we prefer to call it "Buddy Training" to not mislead. This service is an excellent value, a ton of fun, and delivers excellent results, as long as everyone works hard. Because of the low cost per person (\$20 - \$30) you could train for up to six sessions a week, when compared to the cost of two personal training sessions per week!



Buddy training allows for exercise options that suit you and your training friends, with lots of personal attention. For more information on "Buddy Training in your area, call Sustainable Fitness at 204.661.3227.

## Boot Camps for Women Deliver Buff Results!

First introduced by the armed forces to prepare their troops for the fight of their life, boot camp style workouts were recently introduced to the public through experienced fitness professionals, as they knew their clients would reap huge benefits in terms of fat loss and muscle gain. It wasn't long before TV shows such as "The Biggest Losers" or "X Weighted" made the most of the public's interest in cutting edge shape-up solutions in a reality format. This recent popularity has grown the already huge demand for boot camp style workouts for the public, and especially to women, as women only boot camps provide a social and supportive network that delivers results fast. It's not uncommon for participants to double their strength and drop a dress



To choose a boot camp company that delivers what they promise, ask for client references to help ensure a positive experience. Also see if the provider integrates effective new training systems, such as TRX® Suspension Training® into their exercise drills.



size during a four week boot camp. Most camps are conducted one hour a day, three times a week for four weeks, and offered indoors in winter and outdoors in summer.



Contact Sustainable Fitness, Manitoba's largest boot camp provider for more information, or simply register online at... [www.sustainablefitness.com](http://www.sustainablefitness.com).

**Programs and Pricing**  
All programs are Co-ed  
except for women's boot camp.  
For Buddy Training of  
more than 4 people,  
call for pricing

### Personal Training

10 Sessions \$540.00 (10% off the hourly rate)\*  
15 Sessions \$765.00 (15% off the hourly rate)\*  
20 Sessions \$960.00 (20% off the hourly rate)\*  
25 Sessions \$1125.00 (25% off the hourly rate)\*

### Buddy Training

Two people for \$30.00 per person or \$60.00 per session\*  
Three people for \$23.50 per person or \$70.50 per session\*  
Four people for \$20.00 per person or \$80.00 per session\*

\*GST is applicable to all prices  
Prices may change without notice

**Boot Camps for Women:** For general information, locations, dates, times, pricing, payment and registration, go to [www.sustainablefitness.com](http://www.sustainablefitness.com) or call 1.866.921.5391