



# Fit4 a Cause

## A new Fitness Boot Camp for Women that supports Osborne House!

Endorsed by Jennifer Jones, World Women's Curling Champion

[fit4acause.org](http://fit4acause.org)

### Do YOU want to:

- Get FIT in FOUR weeks with personal trainers in a group session
- And support Osborne House, an emergency shelter for women and children in crisis  
- then **Fit4 a Cause** is a Fit4 YOU!

World Women's Curling Champion Jennifer Jones, Osborne House and local partners have launched **FIT4 a Cause**, a new Fitness Boot Camp designed especially for women providing Group Exercise to improve overall physical health and well being along with access to Life Coaching and a Financial Advisor. A portion of the proceeds from **Fit4 a Cause** will fund the Healthy Coping program at Osborne House here in Winnipeg [www.osbornehouse.org](http://www.osbornehouse.org).

**Fitness Boot Camps start November 30 – December 23, 2009 (4 weeks)**

**\*Gift Bonus:** Buy one boot camp registration by November 25<sup>th</sup> and get a second boot camp registration free! Register for our Nov. 30, 2009 or January 4, 2010 boot camp and you will get a second registration free as a gift for a friend! Go to [fit4acause.org](http://fit4acause.org) for all the details and to register.

**Gift Bonus Offer Code: EMFGIFT**

Fit4 a Cause has **four** locations in Winnipeg:

- Royal Dance South, 3-1455 Waverley St
- Institute of Dance of Manitoba, 7-1604 St. Mary's Rd.
- Patricia's Dance Studio, 20-2025 Corydon Ave. (BMO entrance)
- Lord Roberts Community Centre (Gymnasium), C-725 Kylemore Ave. (north of Jubilee Ave.)

### Four-week SCHEDULE:

#### **MORNING fitness boot camps:**

- 5:45 a.m. – 6:45 a.m.
- 7:00 a.m. – 8:00 a.m.

\*At all four locations. \$299.00 for an unlimited Monday-Friday (5 days / week) pass;  
\$199 for Monday, Wednesday, Friday pass (3 days / week) pass.

#### **LUNCH fitness boot camps:**

- Noon to 1:00 p.m. Monday to Thursday (\$225 fee)

#### **EVENING fitness boot camps:**

- 5:30 p.m. - 6:30 p.m. Monday to Friday

\$299 Monday-Friday (5 days / week) or \$199 Monday, Wednesday, Friday (3 days / week).

\*Lunch and evening boot camps are held at Lord Roberts Community Centre only

Companies can be part of our **Corporate Challenge:**

- Hold a **Fit4 a Cause** fitness boot camp at your facility (gym/meeting room).
- Make a pledge for Corporate Level 1 (\$500), Level 2 (\$1000), Level 3 (\$2,000), and Level 4 (\$5,000) by funding part of your employees' registration fees or by making a donation. **100% of all corporate and sponsorship donations go directly to Osborne House.**

**To register** or for more information about Fit4aCause boot camps, 2010 schedules, personal trainers, FAQ, Osborne House go to [www.fit4acause.org](http://www.fit4acause.org). You can email us at [info@fit4acause.org](mailto:info@fit4acause.org)

**fit4acause.org**