



MPollock Fitness Training

www.mpollockfitness.ptenhance.com

(402) 680-1287 mpollockfitness@gmail.com

FIT CAMP

What to expect...

Fit camp is a comprehensive 8-week health and fitness program that includes nutrition guidance and education, movement screen and health assessment, technique and movement workshops, weekly exercise classes, health education, accountability, and MORE....all for a fraction of the cost of personal training.

1) Fit Camp Includes:

- 3 small group workouts per week on-site, location TBA (constantly varied)
- 2 workout prescriptions per week, done independently on your own
- 4 large group outdoor playouts offsite (weather permitting)
- Functional Movement Screen
- Fitness and Body Assessment
- Running technique clinic
- Movement basics workshop
- Health and Nutrition seminar
- Online Accountability Tracking
- Fitness Manual with Tracker worksheets
- Monthly Newsletter with tips and more education
- 24/7 Digital access to trainer for guidance/questions

2) Details:

- Location: Anytime Fitness L Marketplace
- MUST BE ANYTIME FITNESS MEMBER
- \$50 Initial Payment to reserve spot (remaining balance due by completion of week 3)
- Each session limited to 10 participants
- Flexible Schedule – group meetings determined by participants
- ALL-INCLUSIVE cost = \$300 for individual, \$500 for couple/partner

3) Led by Certified Personal Fitness Trainer Michael Pollock

- Personal Fitness Trainer - NASM
- Holistic Lifestyle Coach – Chek Institute
- Movement Specialist - FMS
- Corrective Exercise Specialist - NASM
- Natural Movement Trainer - MovNat
- Fitness Nutrition Coach - NESTA
- Group Fitness Instructor - NETA
- Boot Camp Instructor - FiTour
- Indoor Cycling Instructor - ICG
- Senior Fitness Specialist - NASM
- First Aid/CPR/AED - Red Cross
- New Balance Pro FIT Rep



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SAMPLE SCHEDULE

Below is a sample schedule of what a typical 8-week program would look like:

*Note that below class times are an “example”...actual times dependent on participants

	SUN	MON	TUES	WED	THUR	FRI	SAT
1	3PM Orientation Assessments	530PM Group Class	Independent Workout	530PM Group Class	Independent Workout	530PM Group Class	9AM Outdoor Plyout
2	OFF - Rest	530PM Group Class	Independent Workout	530PM Group Class	Independent Workout	530PM Group Class	11AM *Nutrition Seminar
3	OFF - Rest	530PM Group Class	Independent Workout	530PM Group Class	Independent Workout	530PM Group Class	9AM Outdoor Plyout
4	OFF - Rest	530PM Group Class	Independent Workout	530PM Group Class	Independent Workout	530PM Group Class	11AM *Movement Basics
5	OFF - Rest	530PM Group Class	Independent Workout	530PM Group Class	Independent Workout	530PM Group Class	9AM Outdoor Plyout
6	OFF - Rest	530PM Group Class	Independent Workout	530PM Group Class	Independent Workout	530PM Group Class	11AM *Run Clinic
7	OFF - Rest	530PM Group Class	Independent Workout	530PM Group Class	Independent Workout	530PM Group Class	9AM Outdoor Plyout
8	OFF - Rest	530PM Group Class	Independent Workout	530PM Group Class	Independent Workout	530PM Group Class	11AM *Final Assessments PARTY