

## San Antonio Fitness Boot Camp

Get A Lean, Toned Body

Working With San Antonio's

Best Personal Trainers for

\$5.21/session

"I cannot be happier with the results I have obtained since training at MPT. I put on 20 pounds of muscle mass in several months and I am in better shape than I have been in over 20 years." -Dan, Age 44

"MPT is a great format for those who like to keep a schedule and need the motivation to meet your workout goals. MPT helped me go from occasionally working out maybe once a week to being there 3 times a week for year!"- Alyssa, 20+ Pounds Lost

"After having my first baby in the Spring of 2009, I could

not get rid of the extra baby weight. In July, I began working out with the trainers at MPT. Since then, I have lost all of the baby weight (over 15lbs) and am now in better shape than before having my son!" - DeeAnn, New (and in Shape) Mom

WHEN: Mon-Fri: 5am-7am, 4pm-7:30pm

Come in at anytime

during these periods to get

your workout in. We will have a personal

trainer waiting to work with

you and help you get in shape!

COST: \$124/Mth with a 12 Month Commitment or \$179 month to month

One trait that we all want is to look good. Whether your goal is adding a few solid inches to your shoulder width to fill out your suit jacket, or dropping a few pounds and firming up your legs so that you look and feel great in a swimsuit, MPT can help.

Our small group personal training is designed to help people drop body fat and add lean muscle mass.

The key to looking good when you get out of the shower is simply to decrease body fat. We all have some level of muscle in our body, but to make it stand out, we need to decrease our body fat and then add a little muscle to make it POP!

That is exactly the goal we set out to accomplish when we developed our Small Group Personal Training Program.

INSERT PICTURE

Want to get in shape like DeeAnn? Send me an e-mail right now: [n\\_wood@sampt.com](mailto:n_wood@sampt.com) and tell me the time you will be at our workout tomorrow. Be sure to leave you telephone number and return e-mail address. Join us for our workout tomorrow and start getting in shape today!

You may have tried getting in shape before. Maybe you have been in shape before. The fact of the matter is that today you are not in shape but you want to be. By joining MPT's Small Group Personal Training Program you will not just be joining another gym. Instead you will have a personal trainer expecting to see you multiple times a week for a workout!

If you don't show up, we will call you! We will encourage you to keep on track and stay dedicated to your program even when you don't want to workout. We know that dedication and consistency is the key to a successful workout program and we will help you succeed!

INSERT PICTURE

Dan has stuck with his Personal Training program for nearly a year. When he came in, he was barely 140lbs. As a smaller guy throughout his life and an avid martial artist, Dan had a goal of adding some muscle to his frame. Today he is over 160lbs with a body fat % in the low teens. Pretty darn impressive for a 44 year old! If you are like Dan and want to get in shape, then send me an e-mail right now ([n\\_wood@sampt.com](mailto:n_wood@sampt.com)) and lets get you set up for a workout.

If you have been in shape before and know what to do, but just have a hard time pushing yourself, let us be your motivation. Just come inside the studio and let us push you to help you reach your results. You can go to the gym on your own, but you know after an easy 20 minute workout where you barely get a workout, you will leave and feel less inspired than before your workout. At MPT, you will come in and we will inspire you to a great 1hr workout. We will get you excited and by the time you leave us you will feel great because you will have accomplished more in your hour workout than most people will working out all week!

One of the things we here from many clients when we first meet them is that they simply did not know what to do when they went to the gym and therefore, simply copied what everyone else did...or worse, just jumped on a treadmill for a half hour. At MPT you won't have to worry about that. Everyday we will have a pre-written workout for you. We will help coach you through the workout and each individual lift or cardio exercise. Your workouts will be safe and effective because you will have a coach watching you and instructing you to make sure that you get maximum benefit from your workout!

Wonder What Small Group Personal Training is Like?

Here is a video of a boot camp from November:

<http://www.youtube.com/watch?v=84PqrDVNfDQ>

## Nervous About Getting Started?

I know that many of you may be intimidated to start in a small group because you are new to working out.

If this is the case, please give me a call @ (210)415-5934. I will answer any questions you have and help you get started!

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