



"Shut Up  
And Squat"

Shana Ross Fitness  
Presents

# HOUSTON HEIGHTS BOOT CAMP

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[WWW.HOUSTONHEIGHTSBOOTCAMP.COM](http://WWW.HOUSTONHEIGHTSBOOTCAMP.COM)

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# INFORMATION PACKET

713.861.7272



# Houston Heights Boot Camp Information

## Heights residents: Who's Ready to Have a Slimmer, Tighter Body to Show Off In Only 4 Weeks?

If you're ready, then come to  
the Shana Ross Fitness "Hous-  
ton Heights Boot Camp" and  
**LEARN:**

É" J q y "vq"Łtg"wr" {qwt" o gvcdqnu o "y kvj"5"  
uk o r ng"UGETGVU0

É" J q y "vq"uewnrv" c"ngcpgt."vk i j vgt"dqf { "  
vj cv" {q w"ecp"dg"rtqwf"qh0

É" V j g"dguv" y c { "vq"gzgtekug"vq"nqug"  
rqpwf"u"cpf"kpjgu"cpf"tgxkvcnk | g" {qwt"  
dqf {0

É" J q y "vqq" o wej"ectfkqxcuewnct"gzgtekug"  
ecp"cevwmn { " o cmg" {q w"hcwvgt0

É" Y j { "gcvkpi"nguu"cpf"gzgtekukpi" o qtg"ku"  
c"rtguetkrvkqp"ht"hcwnwtg0

Y gmn"jcxg" c" i tgc v"vk o g"cpf" {q w0mn"tgcr"v j g"  
dpgpŁvu"qh"v j ku"6/ y ggm"Łv"ec o r0

### Here is what you'll get:

É" 5" Y qtmqvwu" rgt" y ggm" y kvj" c"pcvkqpcnn { "  
egtvkŁgf" Hkvpguu"Eqce j0

É" U o c nn"encuu"uk | g"nk o kvgf"vq"47"rgqrng"  
uq" {q w" i gv"v j g"cwgpvkqp" {q w"pggf0

É" C"pwvkvkqpcn"etcuj"eqwtug"v j cv" y knn"fg/  
uvtq { "Łvpguu" o { v j u"cpf" j gnr" i gv" {q w"qp"  
v j g"tki j v" r cv"vq" gcvkpi" j gcnvjkg t." o qtg"  
pwvkvkwu" o gcnu0

I ted" c"htkppf"qt"pgki j dqt"cpf" o cmg" {q wt"  
tgugtxcvkqp"pqy0"

J cvg"gctn { " o qtpkpi uA" Fqp0v" j cxg"vk o g"  
kp"v j g"gxgpkpi A" Y g0xg" i qv"v y q"ec o ru"vq"  
e j qqwg"htq o "6"7<52" c o "cpf"8" r o 0

[ qw0mn" y qtm" jctf"cpf" jcxg" c" i tgc v"vk o g"  
fqkp i "kv0 [ qw0mn"ngctp"nkhg/uv { ng"ejcpikpi"kp/  
hqt o cvkqp"v j cv" y knn"gs wkr" {q w" y kvj" v j g"vqqnu"  
{q w"pggf"vq"tgujerg" {q wt"dqf { "cpf"tg y ktg"  
{q wt"v j kpmkpi"cdq w"Łvpguu"cpf"pwvkvkqp0

### 8Vb e HēZXūXh

É" 6/ Y ggm"rtqi tc o "y kvj"5" y qtmqvwu"  
gcej" y ggm0

É" Y qtmqvwu" y knn"dg"gxgt { " Oqpfc { "  
Y gfp gfu c { "cpf"V j wtu f c { "cv"7<52c o "  
qt"8<22" r0 o 0

É" Y qtmqvwu" y knn"vcmg" rnceg"q wvf qqtu."  
pgct"v j g"U j cpc" Tquu" Hkvpguu"Uvwfkq"  
\* J q wuvqp" J gki jvu+0

É" Kpuvte vqtu"ctg"pcvkqpcn { "egtvkŁgf0

É" Encuu"uk | g"ku"nk o kvgf"vq"47" rctvkekr cpvu"  
vq"gpwutg"kp f kxk f wcn"cv gpvkqp0

### Cost

É" &44213" o qp vj " rgt" rctvkekr cpv" \*kpenwfgu"  
pwvkvkqpcn"etcuj"eqwtug+0

É" &42715" o qp vju" rgt" rctvkekr cpv0

É" &3;218" o qp vju" rgt" rctvkekr cpv0

É" Y g"ceegr v"ecu j ."e j gem"qt"etgfkv"ect fu0

### Missed Sessions

É" V j g t g"ctg"pq"tghwp fu"htq" o kuug f"ugu/  
ukqpu0

### To Get Started

É" Hknn"q wv"v j g"Eqpvcev"U j ggv

É" Uki p"v j g"Enk gpv"C i tgg o gpv"cpf"kp/  
hqt o g f"Eqpugpv"Yckxgt

[q w" o c { "hc z"v j g"eq o r ngv g f"htq o u"vq"v j g"  
U j cpc" Tquu" Hkvpguu"Uvwfkq"cv"935/ : 83/94 ; 2"  
qt"ecnn"cpf"uej gfwng" c"vk o g"vq"eq o g"d { "v j g"  
uwwfkq."vcmg" c"vqwt"cpf"ftqr" {q wt"rcemgv0"

**Remember, payment is due one week  
prior to the begining of camp.** [q w" o c { "  
ecnn"kp" c"etgfkv"ectf"qt"rc { "cv"v j g"vk o g" {q w"  
ftqr" {q wt"rcemgv"cv"v j g"uwwfkq0

Kh" {q w0tg"tgc f { "vq"uvctv"tgujcrkpi" {q wt"dqf { "  
kp" c" hwp."pqp/v j tgcvgpkpi"gp xktq o gpv"6"  
y g0tg"tgc f { "vq" j gnr" {q w0"Eq o g"lqkp"wu"htq"  
uq o g" hwp0

S wguvkqpuA" I gv"v j g"cpu y gtu"cv"935/ : 83/  
9494"qt"enkem"qp"v j g"HC S"vcd"qp"qwt"  
y gdukvg0



