

## ABOUT US

TotalFit Solutions was co-founded by Laurel Neil and Stacey Del Rosario. With over 20 years experience in the fitness industry, we share a common passion and vision to bring all components of health and wellness to an individual's understanding of total fitness and what it means to live a balanced happy life.

We also offer FitTravel which brings fun filled adventure vacations outings to your family, friends or business.

FitPro's provides fitness professionals for your home or workplace. We conduct seminars, workshops, team building, group exercise instructors and more...

FitMind focuses on the mind-body connection and includes wellness coaching, support groups, seminars teambuilding and classes on achieving a total wellness balance in your life, relationship and workplace.

We look forward to serving you in any capacity.

Sincerely—Laurel & Stacey



Stacey and Laurel at  
Muddy Buddies 2006

## CONTACT US

### TOTALFIT SOLUTIONS, LLC

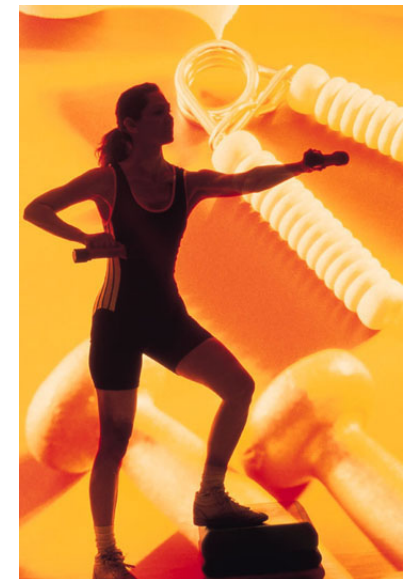
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TOTALFIT SOLUTIONS, LLC

# FITCAMP™

IMAGINE IT.  
WE'LL MAKE IT HAPPEN.



TEL: 408-227-2216

WWW.TOTALFITSOLUTIONS.COM

# FITCAMP™

*Looking to speed up your results? Who can you become...*

## FITCAMP™

Our basic program is for you if you want to invest one-hour a day, five days a week for six weeks.

On Monday, Wednesday and Friday we focus primarily on cardiovascular fitness such as walking, jogging/running and circuit courses. Tuesday and Thursday we work on strength training: weights, bands and body weight exercises designed to increase bone density and muscle definition.

Everyday is absolutely different—you will not get bored and your body will be challenged at whatever fitness level you start. FitCamp is for people of all ages and abilities.

Weekly motivational emails and some nutritional guidance is given.



All ages and fitness levels are welcome at FitCamp

## FITCAMP PLUS™

FitCamp Plus will supplement your basic program with an initial and final individual 1/2 hour evaluation with a personal trainer. You will receive a personal booklet for you to track your body composition, workouts and testing results.

This is for individuals who want to know where they are and have a target or goal that they want to meet.



## FITCAMP TO THE MAX™

FitCamp to the Max will supplement your basic program with an initial individual one hour (1 hour) evaluation with a personal trainer, four 1/2 hour weekly check-ins and a final 1/2 hour evaluation with a personal trainer. You will receive a personal booklet for you to track your body composition, workouts and testing results.

The most innovative program combining a group exercise class with personalized personal training.

*This is the total accountability package!*



Original FitCamp Class of 2006 at Montgomery Hill Park, San Jose

## FAQ'S

What if I have never participated in an exercise program before, will I be able to do it? *Absolutely! All ages and fitness abilities will be able to achieve measurable results with our fun filled program.*

Can I try it out first? *Of course you can—your first visit to FitCamp is on us. We are so sure that you will love your experience that we encourage you to try it out first and bring your friends/family with you.*

Can FitCamp be available at my work? *Yes! FitCamp is completely mobile and an excellent tool for workplace teambuilding and fitness programming. We carry our own liability insurance and will gladly come to your workplace to speak to you about your options.*

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