



HOW TO CHOOSE YOUR BOOTCAMP CLASS

At Build My Body Beautiful we offer three amazing **fitness bootcamp programs** for women **downtown Toronto** for three different fitness levels. Here is a guideline on how to choose the right program for you. If you are still not sure please [contact us](#).

Build & Burn Bootcamp Level 1 (beginner level, weight loss, strength) is for you if one or more below describes you :

- You are a new to exercise or have not worked out in more than 6 months
- Your current workouts include only light endurance style training such as Yoga/Pilates/Barre classes
- You play recreational sports or jog but have never done high impact activity or used resistance/weight training (or have very little experience with it)
- You have injuries that may prevent you from jumping, or have bad knees or back and need modifications
- You have more than 20 lbs to lose
- You do not need to lose weight but you are of beginner fitness level and want to gain strength (we would provide a suitable nutrition plan for you that focuses on this goal)
- This class has a 50/50 split of low impact cardio and resistance training

Build & Burn Bootcamp Level 2 (intermediate or higher level & weight loss) is for you if one or more below describes you :

- You have done our Level 1 program for at least 8 weeks and your instructor has recommended you do Level 2
- You have attended another bootcamp or high impact fitness class program in the past 6 months for at least 8 weeks
- You have used weights in the past, on your own or working with a fitness professional
- You are looking to lose at least 10lbs or more
- This class has a 50/50 split of high impact cardio and resistance training

Fit & Firm Bootcamp (Toning & Shaping) is for you if one or more statements below describes you :

- You have attended our bootcamp classes for at least 16 weeks

- You have attended another bootcamp program or similar high impact classes such as kickboxing/boxing, crossfit etc) for at least 16 weeks in the last 6 months
- You are currently active on your own at least 2-3 days a week and looking to take your training to the next level
- You are looking to shape, tone and define your arms, back, shoulders, legs, abs and build your booty
- You have experience working with weights at the gym and improve your form and learn more advanced exercises
- You want to burn body fat and have less than 10lbs you want to lose
- This class focuses mainly on resistance training

Abs & Glutes Class (for everyone!)

- You are currently enrolled in one of our other programs and want to add a third class to your schedule
- Suitable for **all fitness levels**
- Focuses on core and booty building exercises
- If registered for this class alone measurements and diet plan are not included
- When registering for any of the other programs this class can be added at checkout for a discounted price +\$70 for 4 weeks or +\$110 for 8 weeks)