



MY 3 TRAINERS.COM

My 3Trainers Fitness Outdoor and Indoor Training Camp

Who: Any person, couple or family who wants to learn about getting healthy and being fit!

Where: In Lawrenceburg, Indiana, just 20 minutes from downtown Cincinnati on the farm of Heather Bear. Families invited for Saturday Night Bonfire, outdoor grilling, games and Clydesdale Rides

When: September 13, 14 and 15th

Cost: \$200 for one person, \$350 for a couple (kids under 12 are free)

Why? My3Trainers, Heather, Lishia and Betsy want to teach you about fitness in a fun, outdoor atmosphere in a three day Camp.

CONTACT: www.My3Trainers.com and sign up under "Training Camps" Or, email us at coaches.m3t@gmail.com for more information.



Topics Include: Fitness Instruction in Weight Training and Cardio/Nutrition and Clean Eating Seminars/ Working Out at Home, In a Gym and Outdoors/ Time Management and Training/ Family Workouts that are FUN!/ PLUS: Kettle Bells Training/Core, Plyometrics and Abdominals Training



