

Get Fit the Fun Way!!

Back Yard Boot Camp hit the Spruce Grove scene with a bang last spring, and owner Jada Avon hasn't looked back since. Back Yard Boot Camp originated in St. Albert five years ago and just felt it was time to branch out in other very similar communities and share her passion.

Jada and the trainers of Back Yard Boot Camp are out to make a healthy lifestyle attainable for women and men of all fitness levels, shapes, sizes and ages. Whether you're a beginner, or you just don't get the motivation you need from the gym setting, this is a program you can experience at a level that's exactly right for you.

"People who come can expect to get a fantastic total body workout with a group of people who are looking to fulfill similar goals. That's the best part, people just like us! - That and a GREAT workout!" Jada says.

"We're having so much fun with it - and we get results. Hard to believe right?"

Jada's classes are filled with positive energy and humour and it's easy to feed off the enthusiasm of others. There is never a reason to feel uncomfortable or insecure which is a major contributor to holding so many people back from starting an exercise routine.

Jada's program works because she can relate to what her clients are often struggling with. Just a handful of years ago, going to the gym was intimidating for her too and raising three kids as a single mom made it challenging to change her lifestyle. There came a time when she decided she could offer more than a gym and share her story and drive with others just like her and you! Jada and her brother who also wanted a change started creating their own workouts - and Jada lost 44 pounds. Since, she became certified as a Personal Trainer and Back Yard Boot Camp was created.

"I want to have a place where people can come and start off like I did and not feel intimidated or discouraged," Jada says.

Although she brings her classes indoors for the winter - "trust me, we still get results inside as well," she says - when May rolls around she and her team of very dedicated trainers will be back outside where participants can enjoy the fresh air. In Spruce Grove you'll find her clients out by Hamburger Hill on King Street where they can exercise while their kids play in the nearby park.

"It's about convenience too; classes near playgrounds isn't just a coincidence! I love that my clients can set good examples and teach their kids a healthy lifestyle just by them watching from a distance" Jada says.

Back Yard Boot Camp targets smaller communities for a reason: Jada likes to keep it personable. During the summer, she even runs impromptu drop-in workouts at places like the River Valley in Edmonton. That face-to-face interaction keeps her enthusiastic and passionate about what she does.

If you're looking for a lifestyle change, Back Yard Boot Camp has a number of classes that make it easy to fit into your schedule. Get fit the fun way with great people and great trainers!

Back Yard Boot Camp

STEP OUTSIDE THE GYM!

SAVE THIS AD!

Additional Summer Classes to Come
(Early Mornings, Power Lunch Hour,
Added Evening Hours)

Exercise With Us OUTDOORS MAY 1st

Beginner Boot Camp Now Taking Registration!

NEW Recruits for MAY receive a FREE Personalized T-Shirt!
(First 10 people only and must sign up for one month)

Locations:

Hamburger Hill (Tues/Thur) at 6:30pm

Blueberry Hall (Mon/Wed/Fri) at 9:15am

Please visit Website or Call for more Information:

780-915-3071

www.backyardbootcamp.ca

