

REFUGEE FIT CAMP

A high intensity interval training that targets strength, core and cardio. Interval training is scientifically proven to burn nine times more body fat than ordinary exercise and elevates metabolism for up to 48 hours following your workout. Refugee Fit Camp is a fitness lifestyle program. We provide you with everything you need to get into the best shape of your life for one affordable price. Whether you are a beginner, or an avid fitness enthusiast, Refugee Fit Camp will challenge you and improve your physique.

*For more info go to www.tworkitoutfitness.com.

Life Changing Experience Includes:

- ⇒ Experience the results before you invest (1 week FREE tryout)
- ⇒ 35 minute workouts for BUSY WOMEN AND MEN looking for maximum fat-burning in minimum time
- ⇒ Unlimited email, phone or text support
- ⇒ Choice of package options to best fit your PERSONAL SCHEDULE and BUDGET
- ⇒ 30 day meal plan that will maximize your results
- ⇒ Semi-private schedule conveniently follows Corporate and School schedules. Typically 4-6 weeks on and 1-2 weeks off depending on the time of year

Refugee Fit Camp Semi-Private Classes Plus Maintenance Workouts on Off-Weeks

This 3 month program is designed for busy men and women who want to lose fat and tone up in the comfort of their own home.

If you are not completely satisfied with your lean and toned body within the first 30 days, I will refund every penny – **No hassles, no hard feelings.**

- ❑ **\$150 per month minimum of two clients (3 Month Program)**
- ❑ **\$50 a month to add a person to the semi-private program (maximum of six clients)**

Click on images below to start your path on the road to a healthier lifestyle.

Steps to Become a part of The Refugee Family



Self Evaluation

STEP 1

Are you ready for Refugee fit camp?



Pre-register

STEP 2

Pre-register for your 1 week free trial?



Subscribe

STEP 3

Payment Information