

The Valley's Premier Co-Ed Boot Camp is taking off

Fitness expert Chrissy May is giving clients the gift that keeps on giving, weightloss & confidence, not to mention a free pair of designer "skinny jeans"!

Aug. 26, 2009 - [PRLog](#) -- Chrissy May Boot Camp is officially in full swing after a hot Arizona summer!

One would think starting a Boot Camp in the middle of summer would be a crazy idea, not so for this Valley resident. "Getting the process going and having my solid clients ready for season was my main goal since day one, and besides, it's really not that hot out at 5:30 in the morning." May said. Having them ready for season she has indeed. One camper has lost 10 lbs in only 2 weeks and another has become super lean after giving birth to 3 children years ago. Another plus to Chrissy May Boot Camp is that she rewards her clients success. Upon graduating from her program, you receive a party in your honor and a pair of designer 'skinny jeans' or wardrobe of your choice valued at \$300.

May has been in the fitness industry for most of her young life. Formerly a competitive figure skater and ESPN Fitness America Finalist, she has been teaching others the value of living a healthy and positive lifestyle. May has also reached out to others on a larger scale with years of working in television and print.

It's clear to see that she has been on both ends of the spectrum and that empathy really resonates with her clients.

The Boot Camp is held at Sun Ray Park in Ahwatukee, a Village of Phoenix. Located off the I-10 Freeway and Ray Road. Boot Camps in Scottsdale and Paradise Valley are also being formed right now and will start late September. Spaces are very limited so signing up early to secure your spot is a must.

For more information please visit: www.ChrissyMayBootCamp.com

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Source	Alexa Hamilton
City/Town	Phoenix
State/Province	Arizona
Zip	85044
Country	United States
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