

Dallas Area Boot Camp Workout Saves Lives

Local Coppell boot camp, Great Shape Fit Club – The Boutique Boot Camp has partnered with Boot Camps With a Purpose – "America's Fitness Charity Organization" to make it possible for your sweat to have a purpose beyond your own health.

June 1, 2009 - [PRLog](#) -- Local Coppell Boot Camp Partners With Boot Camps With a Purpose – America's Fitness Charity

Local Coppell boot camp, Great Shape Fit Club – The Boutique Boot Camp partners with Boot Camps for a Purpose – America's Fitness Charity Organization to raise awareness and support for local charities. On June 27th at 10am, Great Shape Fit Club will kick off it's first season of Saturday Charity Boot Camps to raise funds for Susan G Komen for the Cure. Each boot camp will provide community participants with a great workout and a way to get healthier and in better shape while raising funds to support breast cancer research. The cost to participate in a Saturday Charity Boot Camp is \$15 and 100% of the proceeds from the Saturday morning workouts will be donated to charity.

To reserve a spot to participate in the Kick Off Saturday Charity workout, contact Concita Thomas, founder and owner of Great Shape Fit Club – The Boutique Boot Camp. Starting in September, Great Shape Fit Club will also lend free boot camp services to qualifying local charities, teams, and organizations for fundraising. To be considered for a boot camp fundraiser, contact Concita Thomas.

When: June 27th, 9am

Where: Surya Center for Yoga – 848 Denton Tap Rd.; Coppell, TX 75019

Cost: \$15 (100% of the proceeds will go to Susan G Komen for the Cure)

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About Great Shape Fit Club - The Boutique Boot Camp: Great Shape Fit Club is a comprehensive fat loss boot camp program that includes all of the tools and support that you need to get the great shape that you want. Our boot camp program is a fitness program for women that is run by women who know exactly what it takes to get in great shape.

Each boot camp coach is a certified professional trainer who understands the science behind getting you in the best shape of your life. In addition to being a certified trainer, each coach has her own practical experience with weight loss and body transformation. We understand first hand the emotional and motivational side of embarking upon a fat loss journey. We also understand the unique demands of a woman's busy schedule and offer practical insight on time management strategies to boost your level of success on our program.

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Source	Concita Thomas - Great Shape Fit Club
City/Town	Irving
State/Province	Texas
Zip	75019
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[With A Purpose, Fitness](https://prlog.org/10248013)

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