

Join Breast Cancer Bootcamp and achieve two good goals

News

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As 2008 approaches it's time to get fit to fight breast cancer with **Imagine's Fitness Bootcamp**. Imagine Fitness Bootcamp can help achieve fitness goals and fight breast cancer at the same time.

Oakville's Imagine Fitness specializes in offering innovative, exciting, results-oriented Bootcamp Classes.

Owner Sarah Mulaner has been working in the Oakville area for 15 years and is offering these classes with all proceeds being donated towards breast cancer research.

Bootcamp classes have exploded in popularity in recent years and for good reason-they're an affordable way to get great results.

Participants are able to tighten, tone and burn fat all within a 60-minute class.

Fitting exercise into a busy schedule can be a challenge for many, from busy executives to moms on the run.

In order to overcome excuses, it helps to schedule exercise into the day, make it as convenient as possible and to have someone to be accountable to.

Mulaner believes that fitness is for everyone and loves to share the positive physical and health benefits with all:

"There are very few reasons someone should not exercise, but so many reasons they should. Weight loss, toning and sculpting can be achieved and maintained only with exercise, simply dieting is not enough," she said.

"It takes a combination of bodyweight training, resistance training and cardio intervals to get the body you've always wanted, and group training is a great motivator. Use the camaraderie and friendly competition to your advantage, participants can't believe how quickly time passes when they're having such a great time," said Mulaner.

Mulaner and her team of trainers will show participants how to train hard and achieve results.

They'll introduce participants to using the BOSU for balance, Kettlebells for strength, skipping for fitness and the best bodyweight exercises.

These state-of-the-art tools can help motivate and challenge participants to ensure that plateaus are avoided and progress is maximized.

All levels are welcome, exercises can be modified for almost everyone.

Mulaner has worked with many Oakville fitness participants through her years at Ferrone Fitness, Goodlife Fitness and The Oakville Club.

She writes for various publications and speaking at locations such as the Running Room, The Oakville Parent-Child Centre and Whole Foods Market.

With many years of experience in the fitness industry, Mulaner and her team of trainers work with clients one-on-one and in a group setting throughout Oakville, Burlington and Mississauga.

"The best part about the fitness profession is being able to create positive relationships with people in the community and to help them realize their goals and enjoy their achievements," said Mulaner.

Remember that all proceeds from Imagine Fitness Bootcamp will be donated towards Breast Cancer Research, so join on Jan. 9 to achieve a New Year's resolutions and help fight breast cancer. The first class is free.

Winter classes are being offered in the Pineroom at the Oakville Arena. The 12-week program runs Jan. 9-March 26, 6:30-7:30 p.m. Visit www.oakvillefitness.com for details and register with sarah@oakvillefitness.com