



## Testimonials

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Boot camp has truly changed my life. I am stronger, leaner, and have a ton of energy. This program is perfect for me; I have a toddler at home so I get my workout out of the way in the morning and I have my evenings with her. The coaches are incredible -- tough but supportive and encouraging. I am in the best shape I've been in years.

**- Robin Patfield, San Francisco**

I simply could not have done this alone. You've taught me the importance of taking care of myself and guided me to embrace fitness as a lifestyle, not just another task!!! You've also found the secret to making the entire undertaking a ton of fun, and a great opportunity to meet other fabulous women who struggle with their fitness goals. A million heartfelt thanks!

**- Lori, San Mateo**

Joining an exercise group, especially a boot camp-type activity can be very intimidating for anyone, and for someone like me, who is very overweight, it can be a nightmare. But, the coaches at Boot Camp make it comfortable for everyone. They are supportive and motivational, yet flexible and understanding. They push you to your limits and celebrate your milestones, be it a few more push-ups or sit-ups, a few seconds off your mile run time or a pound or two lost. I can't express enough gratitude to them for showing me that no matter how out of shape or overweight you are, you can start an exercise program and take steps toward a healthier life. The success of the company is no surprise to me, given the great program, motivation and principles that Heather and her team of great coaches, specifically Lindsay and Andra demonstrate. Hope all is well and wish you much success and happiness this year.

**- Bobbi Rutherford, January 2007**

"Boot Camp...is the answer to any fitness goal...I have been training for ten months in hopes of testing successfully with local police departments. I found Boot Camp seven months into my training program and wish I had found them months earlier. For me it felt like a long awaited miracle...Just this week I tested with a local police department and passed with flying colors. I made the top 10 list of candidates out of 31."

**- Janet Masinter, Campbell**

"My job as a police officer requires that I am physically fit and Boot Camp has helped to ensure I am prepared for the physical challenges of my job. I began going to the Co-Ed boot camp classes in Sunnyvale with my girlfriend (a Campbell 'Boot Camper' since October 2005) in August 2006. I had been working out consistently for the past year at the gym and with a personal trainer and thought I was in good physical condition. Although after attending the first Boot Camp session I knew this was going to be a challenge.

Being a member of my departments SWAT team requires me to be in good physical condition, which is tested regularly. Not only has Boot Camp helped me to excel during training, and passing physical test requirements it has allowed me set a personal best in our physical agility course.

I highly recommend Boot Camp to all professionals who's careers require they are at their physical best at all times as well as those who's careers don't require the level of physical fitness but want to live a healthier life."

**- Terry Gallagher, Campbell, CA, November 2006**

"I have been attending Boot Camp for over a year now. I am fitter, stronger and healthier. Even with waking at 5 am to attend the 5:30 session, I find that I have more energy for the rest of my day...When I come home from class and my 2-year old is up and running, now I am too."

**- Jennifer, San Francisco**

"Best of all, it's fun to train with other women. We're a varied bunch of all shapes and sizes, but we can take it at our own pace so everybody gets a good workout. The camaraderie and mutual support are really helping this prodigal rower get back on track. It's a physical and psychological restart, a reboot."

**- Roz Savage, San Mateo**

"The hour I'm in boot camp is my time. I have a husband, a 2-year old, a house, and a job, and it's great to have people tell me that I'm doing a great job -- since that's what I do for everyone else all day long."

**- Cheryl Murphy Durzy, Campbell**

"Over the course of 10-weeks (2 sessions) I am left feeling strong, powerful and energized. I have played soccer my entire life, run 1/2 marathons, swam, hit the gym and NOTHING has done for me what Boot Camp has done. I am cardio fit (thank you Lyon Street steps!). I have built lean muscle that is strong, toned and beautiful. I have dropped pounds, inches and actually enjoyed every minute of my boot camp time. The locations are stunning. The workouts are varied but calculated to produce maximum results in a 1-hour time period. And the people, well...I did the all women's camp and there was really great camaraderie. I even made some good friend! But a word of caution...Boot Camp WILL become (good) habit forming :o) Thanks Mary, Lindsay and Carley...I love you guys!"

- **Meredith Rianda, San Francisco, CA, November 2006**

"I have never felt better in my life than I do now and I owe my motivation, dedication and transformation to...all of my fellow boot campers and the Boot Camp program. Thank you for the wonderful gifts you have given me and for helping me become a better me!"

- **Kelli Harrington, San Mateo**

"We do lots of cardio and circuit training in boot camp, and I see the benefits [in my running]. I recently ran a 7:15 mile – my best high school time over 10 years ago! If you have a fitness goal, this is a wonderful way to reach it."

- **Colleen Mariotti, Walnut Creek**

This is my second month with Boot Camp. My coach, Erin, is amazing as a leader -- she is motivating, knowledgeable and very clever in bringing variety to our workouts.

- **Nancy O'Malley, Walnut Creek**

"There is camaraderie with the group at boot camp that's different from being in a class at the gym. You mesh as a group, and the support is phenomenal. You have different sizes, different ages, but we're all helping each other out. The term boot camp can be intimidating but it's an amazing thing, such a high being out there with people with different fitness levels and goals."

- **Lisa Beckham, Campbell**

"This has been a tough year for me in a lot of ways. One of the constants for me has been boot camp...I feel like I have come along way from when I first started a year ago March. Finally, I am losing weight and feeling more fit but even more I have greater confidence and feel a strength in myself."

- **Sue, San Mateo**

"Thanks so much for helping me fit into my wedding dress!!!!"

- **Priscilla Fontes, San Francisco**

"I was reassured during my pre-camp assessment when the coach emphasized that all fitness levels are welcome. This is definitely the case. The camp is divided into two groups, so I didn't feel like I was holding anyone back...I started to see results during the first camp. My ankles started melting away. I saw arm muscles. [Over the past three months], I've transformed 10 pounds of fat into muscle, so I haven't lost that much weight, but for me this is much more than about losing weight: it's about being pain-free, stronger, and more supple."

- **Jennifer Berkley, Campbell**

"There are women of all shapes and sizes and ages and everyone is very encouraging and nice...If you want a good work out that doesn't require a gym membership and for a fraction of the price of a personal trainer, try Boot Camp!"

- **Laura B., San Francisco**

"I love my newly found exercise experience. Thank you Boot Camp coaches for making this possible. You're workouts are just what I've been wishing was out there."

- **Irene, San Mateo**

I signed up with boot camp for some exercise guidance and diversity. The sessions not only offer the guidance and diversity I want, but they're also FUN and help me release my work related tension! Everyday, we do something different. I LOVE working out outside and watching the sun rise! I actually get to spend some time outdoors. My favorite boot camp day: running across the Golden Gate Bridge, in the rain, on another beautiful morning! It was awesome.

- **D. Jordan**

"I thought I would do one session then go back to the gym. But the program is fun and different every day – I have never gotten into a rut. So I decided to stick with it. I see the results right in front of my face."

- **Courtney Tarantino, San Francisco**

"You get tangible results during the first camp. I lost inches and tightened up right away. After 2-3 camps, I began to see physical differences - I looked tighter and more toned. Boot Camp is the equivalent of personal training - for hundreds of dollars less...If I could stay at this fitness level for the rest of my life, I'd be happy."

- **Nicole Naumchik, San Francisco**

"Just wanted to thank you again. 5 a.m. was really the middle of the night for me but your positive attitude and support made me get up and go. Not only is my doctor thrilled with my blood pressure but I, as you know, joined a gym and believe it or not I go at 6:30 a.m. religiously. I feel much better and am motivated to take this extra weight and fat off. It feels good to exercise again. I have you to thank for that. Look forward to seeing you again at boot camp in the future."

- **Cheryl Scharf**

I love the workouts. It's like having a personal trainer, but half the cost. It's a MUCH better workout than you could ever get in a gym. I also like that every day is something different and you NEVER get bored. I have much more confidence now to say "no" to things I don't want in my life, and I also know my self worth. Who would've guessed boot camp could do all that?! Woo hoo!!

- **Jennifer Williams**