

# 2007 Calendar



## Ventura County Adventure Boot Camp

January	February	March	April
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
May	June	July	August
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September	October	November	December
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

### Schedule of Events

#### BOOT CAMP SESSION INFO

- CAMP 0701 [Jan 15th - Feb 09th]
- CAMP 0702 [Feb 26th - Mar 23rd]
- CAMP 0704 [Apr 09th - May 04th]
- CAMP 0705 [May 14th - Jun 08th]
- CAMP 0706 [Jun 25th - July 20th]
- CAMP 0708 [Aug 06th - Aug 31st]
- CAMP 0709 [Sep 17th - Oct 12th]

#### \*\*\*\*\* 6 WEEK WINTER EXPRESS WORKOUT \*\*\*\*\*

- CAMP 0710 [Oct 29th - Nov 16th] Express I
- Complimentary Express Days: 11/20, 11/22
- CAMP 0709 [Nov 26th - Dec 14th] Express II

Boot Camp Classes are 1 hr duration  
Regular Boot Camp Sessions are 4 weeks each

Pre-Camp assessment meetings are mandatory for first time campers

All precamp evals are the week prior to camp start  
All post camp evals are the week after camp ends

### Get Up! Get Out! Get Fit! Get Results! Have Fun!

**MAILING ADDRESS:**  
2419 E Harbor Blvd  
# 213  
Ventura, CA 93001

Phone: 805-650-1239  
Fax: 805-644-5574  
Email: [bootcamp@TrueNorthFitness.net](mailto:bootcamp@TrueNorthFitness.net)  
Web: [www.VCAAdventureBootCamp.com](http://www.VCAAdventureBootCamp.com)

**CLASSES OFFERED:**  
VENTURA:  
CAMARILLO:  
THOUSAND OAKS:  
THOUSAND OAKS:

0530—0630 Women Only  
0915—1015 Women Only  
0530—0630 Women Only  
0700—0800 Men Only

Start Date TBD  
Start Date TBD