

# WELCOME Columbus City Schools Staff!



## What is Burn Boot Camp?

Burn Boot Camp is a lifestyle fitness facility designed to inspire, empower, and transform the lives of busy women and their families. We provide a mindset and positive environment for women to encourage and motivate one another to get better every day. Our clients experience a high-energy 45-minute session that is progressively challenging and never the same. Our free childcare allows moms to focus on themselves so they can make their families better.

Burn is uniquely different from other gyms. Our all-women sessions are trained on our proprietary "floating floor" much like a gymnastics floor. With intensity and injury having correlation, the shock-absorbing surface greatly reduces the impact to the joints. Our clients gain universal access to all Burn Boot Camp facilities, and all facilities follow our Weekly Protocols to ensure there is no over-training of muscle groups. While most gyms teach fitness and dieting, our 5-pillar philosophy (mindset, nutrition, strength training, burst training and environment) is our formula to help women raise the standards for who they are and what they are capable of. The culture and community we represent gives women the confidence and atmosphere needed to change the way health and fitness is viewed.

Columbus City Schools employee receive a 10% discount on Burn Boot Camp Memberships!

[www.burnbootcamp.com/columbus-oh](http://www.burnbootcamp.com/columbus-oh)  
[www.facebook.com/BurnBootCamp- Columbus, OH](https://www.facebook.com/BurnBootCamp-Columbus,OH)

**Burn Boot Camp Columbus**  
5334 North Hamilton Road  
Columbus, OH 43230

**Burn Boot Camp Worthington**  
7227 North High Street  
Worthington, Ohio 43085

Membership Type	Amount
6 month commitment	\$125 per month + tax (includes 10% discount)
12 month commitment	\$134 per month + tax (includes 10% discount)
18 month commitment	\$148 per month + tax (includes 10% discount)

**burn**   
**bootcamp**

**14 DAY FREE TEST DRIVE**

UNLIMITED CAMPS, FREE CHILD CARE & PERSONALIZED NUTRITION GUIDANCE

**SIGN UP TODAY!**

**[WWW.BURNBOOTCAMP.COM/COLUMBUS-OH](http://WWW.BURNBOOTCAMP.COM/COLUMBUS-OH)**

**burn boot camp**

5334 N HAMILTON RD  
COLUMBUS, OH 43230

Questions? Contact us today!  
Email: [columbus@burnbootcamp.com](mailto:columbus@burnbootcamp.com)  
Phone: 614-383-8578

# burn

## MONDAY-FRIDAY

5:00<sup>AM</sup> 5:30<sup>AM</sup> 6:30<sup>AM</sup> 8:30<sup>AM\*</sup> 9:30<sup>AM\*</sup> 4:30<sup>PM\*</sup>  
5:30<sup>PM\*</sup> (co-ed) 6:30<sup>PM\*</sup> (co-ed)

## SATURDAY

8:00<sup>AM</sup> (MEMBERS ONLY) 9:00<sup>AM</sup> (CO-ED & FREE TO THE PUBLIC)

\* REPRESENTS CAMPS WITH CHILD CARE