



The EmpowerFIT team is excited to announce our Summer Referral Program!

Do you know someone that would enjoy boot camp as much as you do? Bring them to class! Our summer referral program is in full swing and we invite you to include any friends or family to be part of our team. Our program runs until the end of August. Full details provided here - <http://bit.ly/2tTPJZH>. This document can be found under the **Files** section of our private camp pages.



We are giving away sweet prizes that you are going to win - an EmpowerFIT jacket, a date night at a local popular restaurant or a night's stay away on us!

REFERRAL AND INVITING TIPS:

- Don't be scared to ask your friends, family, co-workers, even if you don't think boot camp is for them! Most of the time they think "boot camps" are only for the advanced and crazy but we know that's not true at all!
- Talk to them about the amazingly supportive community we have at EmpowerFIT. We offer accountability, variety and make exercise fun!
- All of our coaches are certified instructors and happy to offer modifications for all fitness levels.
- Exercising first thing in the morning is the best time to work out! You get it done before the day begins. Your endorphins are flowing so you have more energy during the day and you put your body into calorie burning mode!
- Waking up early is challenging at first but after 1 month of going to bed a little bit earlier and attending class, they will have created a healthy new habit!
- After they complete their one month trial membership and sign up for an unlimited or limited membership, they too can be eligible for the referral prizes when they bring buddies to class.

We look forward to seeing you this summer, sweating alongside your favorite people! If you have additional questions not covered here, please contact your Camp Coach or send an email to kelly@empowerfit.com.