



Gilbert Paterson
Middle School



Hello Gilbert Paterson Staff, Students, Parents and Families!! We have some exciting news to share with you!!

The Grade 8 Voyage Quebec students have been given a unique opportunity to pair with Lethbridge Fit Body Boot Camp for a special "Give Back" fundraiser. This fundraiser is open to all Gilbert Paterson staff, students and their family and friends. We invite everyone to come try it out!

How does it Work?

- Get a 28 day Membership for ONLY \$97!
- Includes a 28 day Meal Plan
- Unlimited 30 Minute Boot Camp Sessions

And the best part...**100% of the purchase price of your membership goes back to the Voyage Quebec Grade 8 Program to support the students as they travel to Quebec in June!**

What is Fit Body Boot Camp?

-Lethbridge Fit Body Boot Camp is home of the Afterburn workouts - a group personal training program where you'll get high energy, fun, and challenging workouts designed to burn maximum fat and tone your entire body in only 30 minutes.

-The specialized Afterburn workouts use a combination of (HIIT) High Intensity Interval Training and Active Rest Training to get your body to burn more fat and calories than traditional workouts that are twice as long. Every group training session is led by an experienced and certified personal trainer and is designed to be fun, high energy and challenging all while burning maximum fat and toning your muscles.

Some details of the program:

Dates: February 12-March 10, 2018

Location: Fit Body Boot Camp (1218 2nd Avenue South)

Cost: \$97/person (ages 12+)

Unlimited 30 Minute Sessions- There are a number of session available through the day. You can choose the program that best fits your schedule.

REGISTER TODAY!- The last day to register is **Friday, February 9!**

For more information or to register, please click on this link:

<https://fbbcgivesback.com/gilbert>

If you have any questions, please do not hesitate to contact me at 403-929-1219 or email

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Thank you all for your support!