

# 2010 Calendar

## VENTURA COUNTY ADVENTURE BOOT CAMP



JANUARY						
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						

FEBRUARY						
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						

MARCH						
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			

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	

MAY						
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					

JUNE						
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			

JULY						
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

AUGUST						
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				

SEPTEMBER						
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		

OCTOBER						
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						

NOVEMBER						
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				

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	30	31	

### 2010 Schedule of Events

#### BOOT CAMP SESSION INFO

- CAMP 1001-1 [Jan 11th - Feb 05th]
- CAMP 1002-2 [Feb 22nd - Mar 19th]
- CAMP 1004-3 [Apr 05th - Apr 30th]
- CAMP 1005-4 [May 10th - Jun 04th]
- CAMP 1006-5 [Jun 21st - Jul 16th]
- CAMP 1008-6 [Aug 02nd - Aug 27th]
- CAMP 1009-7\* [Sep 13th - Oct 22nd]
- CAMP 1011-8\*\* [Nov 01st - Nov 19th]
- CAMP 1012-9\*\* [Nov 29th - Dec 17th]

#### SPECIAL NOTES:

- \* Camp 1009-7 is a 6 week session
- \*\* Camps 1011 & 1012 are 3 week, 5day a week mini camps

All First-time Campers must attend a PreCamp Orientation & Assessment before they can join a class.

Group Orientation & Nutrition Seminars are indicated by a RED box and White numerals.



#### PHYSICAL & MAILING ADDRESS:

True North Fitness & Health  
6019-D Olivias Park Drive  
Ventura, CA 93003

#### CONTACT INFORMATION:

Phone: (805) 650.1239  
E mail: Info@True-North-Fitness.com  
Ventura, CA 93003

#### CURRENT CLASSES OFFERED:

VENTURA: 0530 - 0630 Women Only  
VENTURA: 0645 - 0745 Women Only  
THOUSAND OAKS: 0530 - 0630 Women Only  
==> Call for exact locations or to inquire about our co-ed High Intensity Advanced Cross Training indoor Program **IMPACT**