

Ultimate Fit Bootcamp

Ultimate Fit Bootcamp is the most complete group fitness program you have seen. Developed by Personal Trainer and Veteran Pro MMA fighter/trainer Jody Burke. This program has been adapted for all fitness levels and is great fun for the beginner as well as very challenging for the fitness buff. Men or women, teens and adults are all welcome.

As seen on CTV News, the net and most recently in the Calgary Sun .

Tap into Jody's wealth of knowledge and experience of over a decade of training fighters/athletes get into the best physical condition possible.

Gain strong, lean, functional muscle with explosive power while building muscular endurance with a strong emphasis on balance and flexibility as well as shedding those unwanted pounds. Incorporating the same conditioning routines used by professional athletes, you can bet on getting the best workout possible. Some martial arts will also be incorporated into this kickass and fun program.



Exclusively found at the luxurious and relaxing environment of the Rimrock Resort in Banff.

Sign-up soon for this 3 day per week 1 month program as classes are limited to just 12 clients per session. Classes will be between 1-1.5 hours per day and will be held indoors or outside, weather permitting. Programs will be offered for June, July and August and will begin May 31st.

For rates and other info contact

Rimrock Resort @ (403)762-1835 or via email at fitness@rimrockresort.com

LETS HAVE SOME FIT FUN!!!!!!!