

# FIGHTIN' WORDS

September 2007

Round 9

## BOOTCAMP DROPS LBS AND RAISES MOTIVATION

It just felt like one of those typical hot San Diego afternoons. Cars racing down Rosecrans Street paused for a few minutes at the traffic light outside the BOXING CO. With air conditioning units on full-blast, all drivers stopped to watch a group of women running up & down the street... weights in each hand. What possessed these women to do such a thing? They had entered into the "Bootcamp Challenge" zone.

With trainer Suzanne Silver leading the pack, these members did more than jump into the trenches of a rigorous workout regime. They followed food guidelines and confessed when they cheated. They changed the way they looked at their life and learned how to set and reach their goals. They all succeeded and became the BOXING CO.'s latest superstars!

Celia Lopez, a Bootcamp star, referred to the Challenge as being similar to "that rush from my first few boxing classes only, even more intense and longer lasting as nutrition became an added source of motivation!" And to the BOXING CO. members she states, "I would HIGHLY encourage you to take that challenge – for yourself! Feel the reward that comes from pushing yourself to the limit."

Celia is 7 pounds lighter and lost 14 inches. She was forced to go shopping for a new wardrobe immediately following the Challenge. **Next "Bootcamp Challenge" launches September 24<sup>th</sup> and 25<sup>th</sup>. Sign up now!!**



## HALL OF FAME

**Congratulations to our BOXING CO. "SUMMER BOOTCAMPERS"!**

Randee Parker (pictured), Celia Lopez, Gloria Rodriguez, Senaida Fierro, Marlana Hills who gained muscle and tons of "food" knowledge while losing 30 lbs and over 70 inches!!

MARK YOUR CALENDARS!

**"OCTOBER - FEAST"**

SATURDAY, OCT. 6TH FROM 1PM - 4 PM

BURGERS FROM **HODADS!**

EXHIBITION MATCHES!

RSVP REQUESTED AT FRONT DESK

**BENCH OF SHAME EXCLUSIVE:**

## GASTELUM IS A GAS!

Attention Members! Please be on the alert for your fellow boxer Geoff Gastelum. Geoff has been a regular part of the BOXING CO. family



for 2 years and happily reports dropping weight since joining us.

Unfortunately, Geoff has also increased his energy levels. He can be seen

once or twice a week attempting to pound on his trainer or match skills (and wit) with other members in the ring.

Please note that Geoff is full of humor, intelligence and sarcastic banter. (Go ahead, ask him. He'll agree with you.) When taking a class with him, please position yourself on the opposite side where you will not be distracted by his ill-attempted jokes and extensive stretching techniques. We look forward to another year of boxing antics the Gastelum way.