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What and Where is FitCamp?

FitCamp is a personal fitness convention tailored to *your* fitness needs for a maximum of 5 people per week! You fly yourself into (on Monday) and out of (on Friday) San Juan, Puerto Rico, and your fee includes everything else: food, education, experiences, classes, books, dvds, and special surprises. Lawrence does all of the cooking when you come, featuring all recipes from his book, *Meals and Musings*, included in your FitCamp. Each day is a fun, outrageous mixture of classes, exercises, filming and watching yourself, and talking on the beach, doing all the things that you know you have to do to make yourself a better teacher and trainer but never have taken the time for yourself. Until now. Breakfast commences at 8, and each day finishes after dinner with hot chocolate under the stars around 9pm.

Who Attends?

Anyone who wants a bit of sun in the middle of the winter, spending a week on fitness to fast-track a career into something more adventurous, including becoming more popular and professional almost immediately.

When is FitCamp?

FitCamp occurs during most weeks of Jan, Feb, and March. There are still some slots open. Lawrence with flexibility groups interested FitCampers according to when they can find affordable airmfares and according to what they teach. Of the four weeks of each month, FitCamp has a strong emphasis:

- [MindBody Week](#)
- [Personal Trainer Week](#)
- [Aqua Fitness Week](#)
- [“I teach/do everything” Week](#)

How Much?

Fees: Everyone pays FitCamp Fees based on what he or she can afford, even according to a payment plan extended over a few months, and is determined according to your level of experience. For example, current fitness presenters who come to train with me don't pay the same fees as someone who comes to me who doesn't even possess one current certification yet. All are welcome. Airfare is not included. FitCamp ranges between \$700 to \$2000 per person depending on experience, needs, and week, and includes transport to/from airport, wifi, all meals, and all education during the week.



Why attend FitCamp?

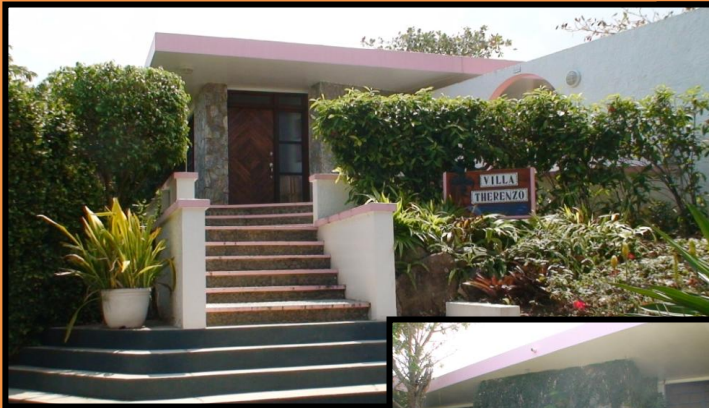
You get the expertise of Lawrence for an entire week, asking as many questions as you can. He not only helps you develop your strengths, but also guides you along on any opportunities for growth as well. You get an exotic vacation, uninterrupted time with one of the world's leading fitness presenters, all of your continuing education credits, and so much more called *“experience.”*

The next page shows where you stay w/me at my Beach Villa in Puerto Rico.

IF

If you are interested, drop an email now ASKING FOR SPECIFIC DATES YOU HAVE IN MIND BETWEEN JAN-MARCH directly to Lawrence@findLawrence.com

VILLA THERENZO
FAJARDO, PUERTO RICO





The beautiful location of FitCamp in Puerto Rico. If Lawrence's reputation in the fitness industry doesn't influence you, the location certainly will!

Testimonials

"Attending FitCamp with Lawrence in PR was fun, relaxing, but also hard work. We have busy days of fun, and I definitely can say that I returned from FitCamp a different instructor in terms of the way I taught, the way I attracted more clients, and even the way I use social media like Facebook!"

--Deirdra Martinez, Zumba Goddess, Los Angeles, CA