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Women in one of Franklin's previous classes try out one of her obstacle courses. Women experience camaraderie and are motivated by each other in the boot camp classes, says the personal trainer.

## Boot camp helps busy women get in shape

By Lauren Vasquez  
Staff Writer

It's a couple weeks into the New Year, and as the holiday rush dies down and work and home life returns to normal, it's time to face the truth — there are no more excuses to put off starting on those resolutions.

It seems, then, that Dawn Franklin has picked the perfect time to begin enrollment for the first boot camp-style workout regime for women in Ahwatukee Foothills.

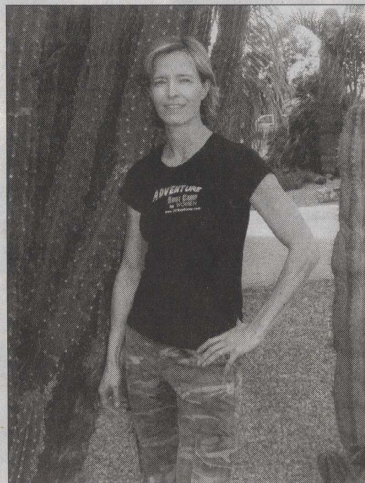
Ahwatukee Adventure Boot Camp is a five-day-a-week program that meets every morning at 5:30 sharp for four weeks and is designed for women looking for a way to give their fitness programs a running start, so to speak.

"I don't want people to be worried that there's a scare or intimidation factor," because of the name, Franklin said. "It's not like that — there's a lot of camaraderie and many of the women usually become friends."

Franklin enrolled herself in one of the many Adventure Boot Camps in the U.S., when, at 27, she realized that she was just sick and tired of being overweight. That was three years ago.

"I was a size 13-14 and I was just looking at myself in the mirror one day and said, 'This is just enough, I want to do something about this.'"

Franklin enrolled in a boot camp in her home state of Illinois, and loved it so much



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**Dawn Franklin has started Ahwatukee Foothills' first Adventure Boot Camp, a five-day-a-week, workout regime for busy women designed to jump-start their day. Franklin's first class here begins Jan. 29.**

she stuck with the program for three years, and eventually became inspired to become a personal trainer herself.

"I went down to a size 5-6, and I found out that I love exercising," she said, adding that her own story helps inspire her recruits and allows her to understand exactly what they're going through. "I had to do this, too,

and there are struggles — and it doesn't happen overnight."

It is because she is so familiar with the excuses that her class begins at 5:30 a.m.

"I know how a day can go — you have every intention of working out after work, but come 3 p.m. you're already tired," Franklin said. "Then by the time you pick up kids and cook dinner, you're done for the day."

The boot camp classes last one hour, and by the time the students are done, they still have time to get the kids — and themselves — ready for the day. As an added bonus, she says the campers' metabolisms and energy levels stay revved up for the rest of the day — and it's a chance to spend some time outdoors.

"Here in Arizona you have the ability to workout outside year-round," Franklin said. "I'm not the kind of person who can spend hours on a treadmill or in a weight room — this is a great way to see the beautiful scenery that's all around this area."

Each day of camp will be different, Franklin promises. But campers can expect light running, weight training, obstacle courses, core training, jump rope and even a field trip or two. Campers only need to bring a mat and 6-pound weights. Everything else is provided.

While many of the campers — 80 percent — choose to sign up for a second and even

third boot camp, Franklin says after the four weeks each woman will have learned something from her course.

"Either way, they can walk away with something," she said.

Franklin's Web site provides plenty of help during and after the program, and she has teamed up with several local businesses to make getting started — and sticking to it — as easy as possible.

"I'm set up with Dream Dinners, so [campers] can learn about nutrition and have the ability to pick up fresh, healthy food," she said. "I know people are busy — before I started doing this, Taco Bell and McDonald's were my best friends — but through my Web site you can order and pick up food from Dream Dinners and it's good for you."

The site also contains links to other helpful sites about nutrition and diet, a key component to getting fit. Campers can also nab a 10 percent discount on running shoes from Run AZ on Warner Road when they sign up for Franklin's camp.

The hardest part is getting started and then staying motivated, says Franklin, and she hopes this camp will offer a way to do just that.

"You don't have to be fit to start a fitness program, and you don't have to be Miss Fit USA to keep it up — the women in the class do a great job of motivating each other and it's really fun."

The four-week program costs \$299, for the five-day-a-week program, and \$199 for the three-day-a-week option. To register, go to [www.ahwatukeebootcamp.com](http://www.ahwatukeebootcamp.com) or call (623) 640-2680. On the Web site, potential campers can learn more about the program, get answers to frequently asked questions, view photos and read more about the program and its benefits.

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