



A Family Affair

Three generations of Ahwatukee women heed the call to get fit via Adventure Boot Camp.

BY MARK NOTHAFT

When Teresa Scobee first signed up to get in shape, she didn't expect it would become a life altering experience. The Ahwatukee mother of two joined Ahwatukee Adventure Boot Camp to merely shed a few pounds and inches.

"Now I can't imagine starting a day without it," she says.

Scobee registered for the women's-only exercise classes led by Dawn Franklin with daughter Cristi Lynn and her mother Janet Montoya. "Mom has always been in shape doing yoga and different things, and I asked my daughter to join to get some exercise and as something we could do together," she says. "We're starting our third session

and I've lost five inches off my hips and 6.1 percent body fat. I have more energy and feel great."

A wonderful testimonial, indeed. But more than that, the past several months has melded the three generations of women in a way none of them anticipated. "We just have so much fun," Scobee says. "Sure we start our days early (5:30), but it's something we share, my daughter and I, she and her grandmother. It's very special. We were already close, but now this is something that all three generations share."

Women of all fitness levels, ages and abilities are experiencing amazing results with Adventure Boot Camp right

Benefits of Boot Camp

- Dramatic improvements in your physical wellbeing and self confidence.
- Increased strength and endurance.
- Pre- and post-evaluations to help monitor progress.
- Loss of inches and a firmer body.
- Motivation and inspiration in a womens-only team environment.
- Four weeks of fun, energizing activities designed to help you reach your fitness goals.
- Nutritional information.

here in Ahwatukee. Camps are a four week outdoor fitness program that offers fitness instruction, nutritional counseling and motivational training packed with fun and energizing activities designed to help participants reach their fitness goals. Currently, about 25 women meet at the community center park at 48th Street and Warner Road and participate in aerobic and strength conditioning exercises, jogging, crunches, sport yoga and Pilates, sports drills and more. On Wednesday, the group hikes the Pima Trail at South Mountain Park, Scobee says.

"My daughter is 14 and hasn't complained at all. She gets up with me and we're outside warming up our arms and legs before Dawn gets there."

And when Franklin does arrive, it's not the "barking" or "badgering" that some personal trainers do at health clubs, Scobee says. "Dawn's approach is motivational, upbeat and positive."

Life Experience

Franklin holds diplomas from the University of Michigan-Flint and from



Above: Dawn Franklin (center back) with mother, daughter and grandmother, Teressa Scobee (front) Cristi Scobee (left back) and Janet Montoya at boot camp.

the National Personal Training Institute, and has certifications from the National Academy of Sports Medicine, the National Exercise Trainers Association and the National Exercise and Sports Trainers Association. In other words, she knows what she is doing.

Franklin was introduced to fitness at an early age. Her father worked out daily in the basement of their Michigan family home. Eventually she was given her own weights (made out of wood) and encouraged to workout with him.

When Franklin reached her late 20s, she misplaced those healthy lifestyle tips her father instilled in her and she began to gain weight. She looked in the mirror one day and was discouraged at what she saw. She had reached her largest size ever, felt tired, run down

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and unhealthy. It was time to take action! She began her journey back to eating right and exercising. Part of her journey led her to sign up for a Chicago boot camp, which she stuck with for three years. It took some time, but with determination she reached her fitness goals. Feeling healthy and energized, she wanted to inspire others to reach their fitness goals as well. She became a nationally certified personal trainer and has trained in Chicago and Arizona for the past several years.

Fit and Fun

Dawn has put together a program that keeps participants motivated and challenged. Her program helps build self confidence, as well as increase your strength and endurance. Scobee says the environment is very supportive and encourages having fun.

"Do you want to feel better, look better and reach your fitness goals?" asks Franklin. "If you said 'yes,' then set aside one hour a day to make that happen for yourself. You can do it if you just take that first step. Wake up, work out and enjoy life!"

Getting started was easy, says Scobee. Once you register online, the Adventure Boot Camp will contact you for a Pre-Camp Evaluation. Participants are given an introduction to the program and answer any questions; a few simple measurements are taken to monitor progress (all information is held in strict confidence, of course); weight and body fat percentages are compiled; and you are given a welcome packet and directions. Participants are also asked to bring an exercise mat, five- or eight-pound hand weights and drinking water. You can sign up for three or more days a week. Post-session evaluations assess where you've been and where you're going.

"Participating in the boot camps has meant so much to our family," says Scobee, her voice cracking with emotion. "I am especially happy for my daughter, who has excelled during this process. I am so glad we found this [fitness] option."

Whether you want to lose weight to fit into that special dress, shed the extra pounds from a pregnancy or just get fit before that special occasion, this may just be the program for you. It was for three generations of Ahwatukee women.

Ahwatukee Adventure Boot Camp for Women

Led by Certified Adventure Fitness Trainer Dawn Franklin

623.640.2680

www.ahwatukeebootcamp.com

Three days a week, \$199.

Five days a week, \$299.

Sweet Success

Melanie started with Ahwatukee Adventure Boot Camp for Women on Jan. 27. After 12 weeks of boot camp, she has lost a total of 39 pounds, 8.9 percent body fat and 20.9 inches. Here's what she has to say about the experience:

"It's been worth every dime! I was just about ready to give up on getting fit again, but I saw an article in the *Ahwatukee Foothills News* and figured it was worth a try. You revved my engines and got me started down the right path again. It feels so great to lose the weight and have more energy and endurance. This customer is very satisfied!"

Way to go, Melanie!