

Living

By Danielle Sutton

Well.

504 Fit Camp with Monica Kinnan and Caroline Brady

Photo by: Katherine Miller



Monica Kinnan and Caroline Brady, creators and owners of New Orleans-based boot camps, 504 & 985 FITCAMP.

THE MESSAGE TO get up and exercise can seem relentless sometimes, and there is a reason for that. Sadly, for those of us to whom exercise does not come naturally, there is no magic bullet that is going to make us lean and toned without lifting a finger.

The proliferation of “boot camp”-style exercise regimes over the last few years is noticeable and to an exercise novice, they can sound very intimidating.

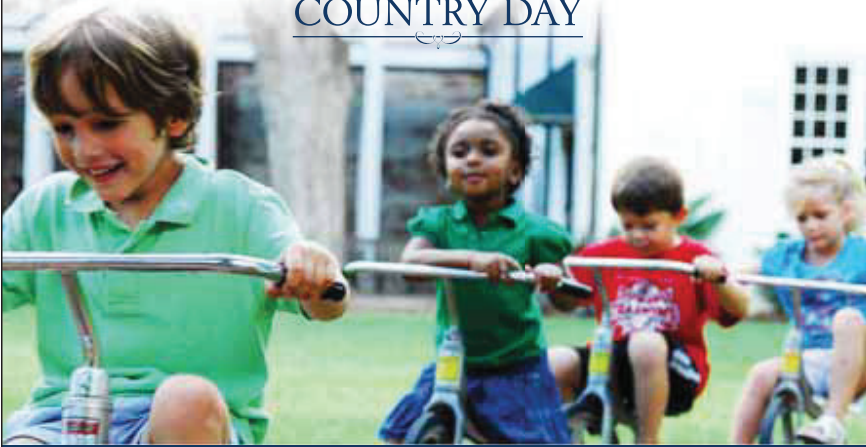
Monica Kinnan and JLNO member Caroline Brady are highly trained fitness professionals who understand the intimidation and fear many people feel about working out, and they have developed 504 FitCamp to answer this need in a fun and supportive environment.

504 FitCamp is an outside group personal training program for both men and women that conveniently meets at Audubon Park. Each class is one hour and 15 minutes in length and includes cardio and endurance training, strength training, flexibility work, core conditioning, interval training, mat Pilates and boot camp exercises. No two classes are ever the same, which takes the

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Wheels in motion. Life in progress.


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Photo by: Katherine Miller



Monica Kinnan demonstrates a strength move.

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Well:

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boredom factor out of the workouts.

504 FitCamp is a program formulated for all fitness levels. Monica and Caroline modify all exercises and make sure each client receives individualized instruction for maximum results. They also strive to help clients make good nutrition and lifestyle changes so that they can reach their fitness goals.

The ultimate goal is to try and keep clients laughing.

"Fitness should be fun — and we strive to create that atmosphere in all of our classes," says Monica.

Monica and Caroline think the best aspect of FitCamp is the power of the group. Clients find a love of fitness and inevitably make healthy friends in the process. The friendships clients make in FitCamp and the sense of fun and camaraderie are what keep them coming back week after week. The biggest plus of the program is the results — which participants can see and feel.

"Once our clients join the class they quickly see an increase in strength, and a

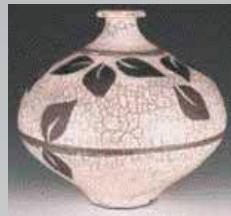
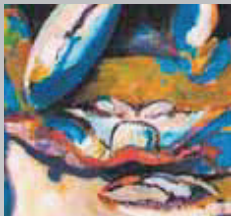


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Photo by: Katherine Miller



Caroline Brady in a side plank pose.

decrease in their body fat," says Caroline. "How rewarding!"

For several of their clients, two FitCamp classes a week is the only dedicated exercise they do, and even they can work up to running a 5K after participating in FitCamp and gradually building strength and endurance.

Monica was raised in a military family and was introduced to fitness and bootcamp style training at a young age. Monica became a competitive cheerleader, gymnast and fitness competitor, and has a degree in exercise physiology. Caroline, a certified personal trainer with the American College of Sports Medicine, is a long-time fitness enthusiast. She made fitness and training her career focus after she successfully tackled breast cancer.

For more info on 504 FitCamp or the 985 FitCamp on the Northshore, please visit www.get2fitcamp.com. ■

Photo by: Katherine Miller



Monica Kinnan and JLNO member Caroline Brady display strength, balance and poise.



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