

2011 BOOT CAMP



5-WEEK BOOT CAMP/6-WEEK BOOT CAMP

Dates, Days & Time: Monday - Thursday 5:30-6:30am

Location: Danvers High School Field House

Who: Adults (16+) who are looking for a structured program to get into great shape while having fun and meeting new people.

Cost: \$135 for 5-week session
\$145 for 6-week session

Boot Camp is designed for every level and will improve the current level of fitness of everyone that participates. All aspects of fitness (cardio, strength, flexibility and nutrition) are covered which will give you the kick start you need to get on the road to optimum health in 2011. We will test on the first day and last day to track your progress and improvements. This program is designed to keep you motivated, disciplined and structured so you will not only see great results you will also have a great experience.

2011 SESSION DATES

Session I: Jan. 3 - Feb. 10 (6-weeks)

Session II: Feb. 28 - Mar. 31

Session III: Apr. 4 - May 12 (6-weeks)

Session IV: May 23 - June 30 (6-weeks)

Session V: July 11 - Aug. 18 (6-weeks)

At Holten Richmond Middle School

Session VI: Aug. 29 - Sept. 29

Session VII: Oct. 10 - Nov. 10

Session VIII: Nov. 21 - Dec. 22

EVENING BOOT CAMP

Dates, Days & Time: Tuesday & Thursday 6:00-7:00pm

Location: Spring location (beginning in April) is Endicott Park; Winter location is Great Oak School

Cost: \$85 for 5 week sessions
\$95 for 6 week sessions

(Same description as the AM boot camp, but only 2 nights/week)

For adults looking for a more structured fitness program that will focus on strength, cardiovascular and flexibility training.

Results are guaranteed!

CCT: CARDIO AND CORE CONDITIONING

Dates, Days & Time: Tuesday & Thursday 5:30-6:30am or 2 Days w/ Boot Camp

Location: Danvers High School Field House

Cost: \$85 for 5-week session 2 days/week
\$95 for 6-week session 2 days/week

For adults looking for a change of routine that will challenge and improve ones current level of fitness. This program is designed to develop or improve ones cardiovascular endurance and stamina.

We will also focus on core strength, balance and stability.

Through a variety of running drills, cone drills, obstacle courses and group activities you are guaranteed to improve and progress.

It is great for all levels and abilities so don't be shy, it's time to focus on your health and stamina.

For more information on the program, please contact Brandi Dion (978) 204-8588 or BnSfitness@yahoo.com

DANVERS RECREATION Town Hall 1 Sylvan St. Danvers MA 01923 Phone: 978-777-0001x3094

REGISTRATION FORM: (PLEASE PRINT CLEARLY)

Name _____ Age/DOB _____

Address _____ Phone _____

Emergency Contact Name _____ Emergency# _____

I hold harmless the Town of Danvers, its employees, volunteers, or its agents from any and all injuries that might be sustained by participation in any of the programs. In the event of an injury, I grant permission to provide/acquire medical care or assistance. In addition, I hereby give permission for any photographs taken to be used for publicity purposes.

Signature _____ Date _____

PROGRAM Session&Time: _____ Price _____

Email Address: _____

PAYMENT TYPE: Check# _____ Visa/MC# _____ Exp. _____