



[UNDERWOOD'S BOOTCAMP]

Are you looking for a motivating way to lose weight, get in shape, see results, build friendships and stay healthy?

Come join us for a challenging but fun hour of Boot Camp!

WHO CAN DO THIS?

This is for all bodies and Every Body!

Boot Camp is a training class that combines personal training with strength training. This is not your military style training. I promise I don't scream, no need to! We motivate each other! Everyone is working toward the same goals, in a non-threatening atmosphere.

WHAT WILL WE BE DOING?

This is a results driven program. You will strengthen and tone your entire body!

Each participant will be at a station performing a different exercise for a designated time. You will then move to the next exercise. You may be doing cardio then weights, then body weight work. This is called muscle confusion. This type of training keeps your body on edge, working harder and burning more calories.

WHAT IF I HAVE A BAD BACK OR WEAK KNEES?

I will adjust your work out accordingly. I do a pre assessment on all new participants Plan on a different work out every week /night using ...

**BODYWEIGHT
MEDICINE BALL
FREE WEIGHT**

**BAGS
ROPES
KETTLE BELLS**

Start date: January 16, Classes will be held 3 times per week,
Monday, Tuesday and Thursday evening FOR 8 WEEKS

Sign up for once per week 88.0

Sign up for twice per week 160

Drop in whenever 12 per class

If you decide to do three nights per week on occasion check with me for discounted rate

Time 6pm- 7pm

Place 9 Squirrel Run Road, Plaistow NH

Please visit www.underwoodsportsandfitness.com for more information on boot camp