



# [UNDERWOOD'S] BOOTCAMP]

## Boot Camp Training

Cardiovascular Health    Speed & Endurance    Strength Training

- Bodyweight Training
- Plyometrics
- Box Jumping Drills
- Obstacle courses
- Jumping Jacks
- Sprints
- Free weights
- Partner Resistance
- Group Challenges
- Kickboxing
- Medicine Ball Drills
- Jump Rope
- Dumbell & Barbell work
- Circuit Style Format

**BURN CALORIES QUICKLY! STRENGTHEN & TONE ENTIRE BODY!**

Enjoy the camaraderie and support of a class setting

Results are AMAZING!

Visit my website for client TESTIMONIALS & PICTURES

**Tuesdays & Thursdays at 6pm**

**Date: Ongoing**

**PRICE (8 weeks)**

**Single day \$96.00**

**Both days \$165.00**

**Saturdays at 9am (teens and adult)**

**Date: Ongoing**

**PRICE (8 weeks)**

**Single Day \$96.00**

Please visit [www.underwoodsportsandfitness.com](http://www.underwoodsportsandfitness.com) for more information on boot camp, sports and fitness training, senior fitness, Strength & Conditioning, Cancer and Obesity programs.

**Call or email Vanessa Underwood 603 382-7460 [Fitnessa@aol.com](mailto:Fitnessa@aol.com)**

**All programs are developed and supervised by certified strength professionals.**

Checks should be made to Vanessa Underwood,  
**LIMITED SPACE AVAILABLE CALL TODAY!**