

www.BoontonBootCamp.com



BOOT CAMP WITH JEFF



endurance train
PERSONAL TRAINING AND ENDURANCE COACHING

- **Anyone can do it**
- **Going to the gym on your own will rarely produce the results you're looking for**
- **Classes limited to 20 people, so there's always one-on-one face time and personal attention, almost like having your own personal trainer**
- **Class format constantly changing, using Circuit Training, Tabata, Insanity, HIIT, Supersets, Plyometrics, and more**
- **Nutritional guidance and accountability are also available for those looking for the extra help**

EARLY MORNINGS

Mondays, Wednesdays & Fridays **5:30AM - 6:15AM**

LATE MORNINGS

Mondays, Wednesdays & Fridays **8:30AM - 9:15AM**

EVENINGS

Tuesday and Thursday Nights **5:45PM - 6:30PM**

SATURDAY

Morning **7:30AM - 8:15AM**

Registration options

- Option # 1 Drop In rate \$15/class (FIRST CLASS ALWAYS FREE)
- Option # 2 2 classes/wk for 4 weeks \$80 (only \$10/class)
- Option # 3 3 classes/wk for 4 weeks \$96 (only \$8/class)
- Option # 4 Unlimited classes for 4 weeks \$100 (whatever... take my \$)

NEW: 10-Pack- \$100, use any time, any class, any family member.

All held at "The Warehouse" 90 Fanny Road, Boonton, NJ 07005

Boonton Boot Camp

Prices based off four-week sessions, please see www.EnduranceTrain.com to view session dates.

Unlimited (\$100) 3 x's/wk (\$96) 2 x's/wk (\$80) Single Session Drop-in (\$15 ea)

Name _____ Age _____

Address _____ Cell _____

Emergency Name & Number _____ email _____

Please list any injuries or limitations _____

I am covered by appropriate Medical/Accident Insurance and I accept full responsibility for any injury that might occur during this program. I will not hold Jeff Eades, Endurance Train, Timbil Mechanical, or any of their employees responsible for any accidents or injuries which may occur in the course of, prior to the start of, or after the facilitation of the above program.

Signature _____