

BOONTON RECREATION

# BOOT CAMP

WITH JEFF

FIRST CLASS ALWAYS FREE!

[www.BoontonBootCamp.com](http://www.BoontonBootCamp.com)

- 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 Boonton Rec Center, 1210 Cedar Street.

## Boonton Rec Boot Camp

To register, complete this Registration Form and Waiver and mail, (Payable to Boonton Parks and Recreation) along with your check to: Boonton Parks and Recreation, 100 Washington St, Boonton, NJ 07005 or simply bring to class.

Prices based off four-week sessions, please see [www.EnduranceTrain.com](http://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 the Boonton Recreation Committee 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 \_\_\_\_\_