

Body X BOOTCAMP

**Dynamic Group
Personal Training
Program**

**with Coach Carrie
NASM Certified
Personal Trainer**



Open to Members and the General Public



**Tuesday 6:00 - 7:00 PM
Saturday 8:00 - 9:00 AM
Complimentary Demonstration Class**

**(register in Advance—Filling fast
call (860) 887—3591)**

- Appropriate for ALL FITNESS LEVELS - Intermediate to Advanced
- Jump in at any time to start your consecutive 6 week program
- Varied High intensity / Interval Training
- Great team-building atmosphere and camaraderie
- Performed on our Fitness Arena or Functional Training Room
- Includes detailed weekly workout programs
- Weekly personal communication with your trainer

6 Week Program:

1 X Per Week - \$120 / 2 X Per Week - \$215



Personal Training Affordable

Summit Fitness and Sports
2 Wisconsin Ave. Norwich Business Park on the way to Dodd Stadium
860-887-3591 www.summitfitnessandsports.com