

2012 Session Times

January – April & October – November

5 Week Sessions

- Mon/Wed/Fri 6:00 – 7:00 am
- Tues/Thurs 9:00 – 10:00 am
- Tues/Thurs 6:00 – 7:00 pm

May – September 5 Week Sessions

- Mon/Wed/Fri 6:00 – 7:30 am
- Tues/Thurs 9:00 – 10:00 am
- Tues/Thurs 6:00 – 7:00 pm

December 3 Week Sessions

- Mon/Wed/Fri 6:00 – 7:00 am
- Tues/Thurs 9:00 – 10:00 am
- Tues/Thurs 6:00 – 7:00 pm

See Inside for Session Dates and Prices.

Your Drill Sergeants

Keith Callanan MPT, CSCS
Physical Therapy

Peter Rappoli CPT, CCS
Personal Training

Larry Cibotti CPTA
Physical Therapy

Bernadette Richards CPT
Personal Training

Cory McCue CPT
Personal Training

Bobby Russo CPT
Personal Training

Jay Baker CPT
Personal Training

Ken Prince, CPT
Personal Training

Ranks

Marines • Army Rangers • Navy Seals • Elite Force



BOOT CAMP 2012



10% OFF When You Pre-register for Four or More Sessions!!



1519 Central St. Stoughton, MA 02072

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www.elitefitcenter.com/boot.aspx



Go to www.elitefitcenter.com/boot.aspx
to learn more about the Elite Fitness Boot Camp!!

Your Mission

- Complete an intense and motivating group exercise program,
- Be motivated to achieve your full potential,
- Decrease your weight,
- Increase your strength,
- Enhance your muscular tone,
- Build self-confidence,
- Improve self-esteem,
- Reduce stress,
- Succeed in bettering yourself!!



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Frequently Asked Questions



What is Boot Camp?

It's the fastest way to shape up and lose body fat. Your muscular endurance and cardiovascular conditioning are improved at the same time in a super circuit fashion.

Do I have to be in shape to participate?

No, you don't have to be an athlete to participate! Every participant's fitness level will be tested by a highly qualified trainer in five components: physical fitness, muscular strength, muscular endurance, cardio/respiratory endurance, and flexibility.

I've been working out for a long time. Will Boot Camp challenge me?

YES! We have trained some of the top athletes in the country and we challenge anyone who thinks it's not a challenge. After your fitness evaluation, if we feel that you are up to par, then you will be put into our Elite Force group which consists of people who are able to run a low 5-6 minute mile and have displayed a tremendous amount of muscular endurance. We have marathon runners, tri-athletes, fitness competitors, and body builders who have all thought the same as you, who continue to return every season for our unique challenge.

2012 Session Dates

Session 1: January/February

M/W/F January 2 – February 3

Tu/Th January 3 – February 2

Session 2: February/March

M/W/F February 13 – March 16

Tu/Th February 14 – March 15

Session 3: March/April

M/W/F March 26 – April 27

Tu/Th March 27 – April 26

Session 4: May/June

M/W/F May 7 – June 11 (No Class Mon., May 28)

Tu/Th May 8 – June 7

Session 5: June/July

M/W/F June 18 – July 23 (No Class Wed., July 4)

Tu/Th June 19 – July 19

Session 6: July/August

M/W/F July 30 – August 31

Tu/Th July 31 – August 30

Session 7: September/October

M/W/F September 10 – October 12

Tu/Th September 11 – October 11

Session 8: October/November

M/W/F October 22 – November 23

Tu/Th October 23 – November 27 (No Class Nov. 22)

Session 9: December (3 week program)

M/W/F December 3 - 21

Tu/Th December 4 – 20

2012 Session Prices

10% OFF When You Pre-register for Four or More Sessions!!

Session 1 – 3 & 8: Monday/Wednesday/Friday

Members Only \$150; Non-Members Only \$180

Session 1 – 3 & 8: Tuesday/Thursday

Members Only \$100; Non-Members Only \$120

Session 4 - 7: Monday/Wednesday/Friday

Members Only \$189; Non-Members Only \$235

Session 4 - 7: Tuesday/Thursday

Members Only \$100; Non-Members Only \$120

Session 9: Monday/Wednesday/Friday

Members Only \$90; Non-Members Only \$110

Session 9: Tuesday/Thursday

Members Only \$60; Non-Members Only \$75