

# TOTAL PERFORMANCE SPORTS®

YOUR PERSONAL FITNESS PROFESSIONALS  
KICKBOXING • PERSONAL TRAINING • SPORTS SPECIFIC CONDITIONING

## Boot Camp Fitness Series®

### Win the battle of the bulge now!

Join other recruits for an 8-week, intensive training program that will have you ship shape in no time!

Campers will receive **2 training sessions a week**, with their very own personal trainer and access to **7 of our top fat blasting fitness classes each week** to maximize your battle plan!

With calorie-burning, muscle building classes like Butts & Gutts and Russian kettlebells, you'll **turn flab into fab** before the Holidays!

**PERFECT** for brides, and her party, who are looking to get into tip top wedding shape - **FAST! REQUIRED** for those "little black dress" parties and **A MUST** for winter vacations on the beach!

**8 Weeks, \$350.00**

**Begins 9/9/08!**

See gym for details. Meets Tues & Thurs @ 7pm-8pm.

### TOTAL PERFORMANCE SPORTS

Gym & Athletic Center

11 Victoria Street Everett, MA 02149

617-387-5998

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

Just 4 miles north of Boston! Easy T access!

**Men's Health**  
America's Top 20  
Gyms  
2005 & 2008

