

TOTAL PERFORMANCE SPORTS®

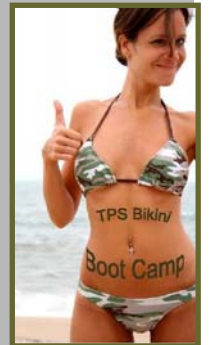
2009 TPS BOOT CAMP FITNESS SERIES

Win the Battle of the Bulge Today!

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*

TOTAL PERFORMANCE SPORTS

Gym & Athletic Center
11 Victoria Street Everett, MA 02149

617-387-5998

www.TOTALPERFORMANCESPORTS.com

Just 4 miles north of Boston! Easy T access!

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



2009

BOOT CAMP SCHEDULE

Tuesday & Thursdays
Afternoon Group: @ 4:30pm
Evening Group: @ 7:00pm

Requires a minimum of 5 people registered. See gym for more details.

2009

January 6 – February 26
March 3 – April 23
May 5 – June 25
July 7 – August 27
September 1 – October 22
October 27 – December 21

2010

January 5, 2010 – February 25, 2010

* Prices subject to change without notice.

Call 617.387.5998 or go online @
www.totalperformanmcesports.com
to register today!