

Boonton Parks and Recreation

SUMMER BOOT CAMP

Now offered 3x a week

Monday, Wednesday, and Friday

June 22nd – July 24th

5 weeks of training

Held at the Boonton High School Track

(Rain location Boonton Rec Center)

6AM – 6:45AM

3 Registration options

Option #1	5 weeks	\$120 (only \$8/class)
Option #2	4 weeks	\$108 (only \$9/class)
Option #3	3 weeks	\$90 (only \$10/class)

What is Boonton Boot Camp?

Boonton Boot Camp is a no-nonsense, fat burning workout that combines strength, cardio, and core training all in one great outdoor 45-minute class. Whether you want to lose weight, increase strength and endurance, or just have more energy, this class is for YOU!! You can train at your own pace, beginner to advanced, but, be prepared to sweat. Taught by Degreed and Certified Instructor, Greg Mead

Summer Boot Camp

Name _____

Email _____ Phone _____

Week 1 (6/22-6/25) _____ Week 2 (6/29-7/3) _____ Week 3 (7/6-7/10) _____

Week 4 (7/13-7/17) _____ Week 5 (7/20 - 7/24) _____

To register, complete the Boot Camp Registration Form and Waiver (available from www.boonton.org) and mail, along with your check to:

Boonton Parks and Recreation, 100 Washington St, Boonton, NJ 07005