

# Boonton Parks and Recreation

## BOOT CAMP



### Boot Camp with Jeff

45 tough minutes to help you effectively sculpt your body and burn fat! Get together with others in a supportive and exciting class that will be effective and never boring. If you're looking for a workout that's enjoyable and will burn calories, this is the class for you. Whether you've been to the gym and aren't seeing results, or are ready to start a new routine, Jeff's Boot Camp is the answer.

Held at the Boonton Rec Center, 1210 Cedar St.

**Mondays and Thursdays**

**5:45AM - 6:30AM**

**Saturdays**

**7:15AM - 8AM**

**5 weeks of Training Feb 6 - March 11**

### 3 Registration options

Option # 1	All 3 classes for 5 weeks	\$120 (only \$8/class)
Option # 2	Mon & Thurs Only for 5 weeks	\$100 (only \$10/class)
Option # 3	Drop In rate	\$15/class

Jeff Eades is a NASM certified personal trainer who also instructs groups and boot camps in Montville at ONE Human Performance, and in Mountain Lakes at the Lakeland Hills YMCA. An experience endurance athlete himself, Jeff has run multiple marathons and even 50-mile endurance runs. From sport-specific training for young athletes to weight loss and body fat reduction for adults, he believes that if exercise is enjoyable, clients are far more likely to continue and evolve with the training program to meet their goals.

### Boonton Rec Boot Camp Winter 2012

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Please list any injuries or limitations \_\_\_\_\_

To register, complete this Registration Form and Waiver and mail, along with your check to: Boonton Parks and Recreation, 100 Washington St, Boonton, NJ 07005 (Payable to Boonton Parks and Recreation)