



LEVEL UP

BODY BOOT CAMP

8-WEEK SMALL GROUP TRAINING CAMP > JUNE 14 – AUGUST 14 (No classes June 28 - July 3)

LAKEPARK
SWIM & FITNESS

LEVEL UP BODY BOOT CAMP delivers intense 30-minute workouts designed to charge your metabolism for more caloric after burn. Certified personal trainers provide motivation, accountability and education that will carry you well past the end of this camp. All fitness levels are welcome and open to members and non-members. Choose the workout plan that best fits your schedule

2x/week = \$240

Includes: **18 workouts**, 2 INBODY test's, nutrition seminar and end of camp awards/recognition

3x/week = \$290

Includes: **24 workouts**, 2 INBODY test's, nutrition seminar and end of camp awards/recognition

4x/week = \$370

Includes: **32 workouts**, 2 INBODY test's, nutrition seminar and end of camp awards/recognition



Jim Young is a Certified Strength and Conditioning Specialist (CSCS) and NSCA-Certified Personal Trainer (NSCA-CPT). Jim applies scientific knowledge to design and implement safe and effective strength training and conditioning programs and provides guidance on nutrition and injury prevention.



Aaron Collins is a NSCA-Certified Personal Trainer (NSCA-CPT) who uses an individualized approach to assess, motivate, and educate clients. Aaron designs safe and effective exercise programs to help clients achieve their personal health/fitness goals.

* There will be guest personal trainers throughout the 8 week session

CERTIFIED PERSONAL TRAINERS

Coached by two NSCA-certified personal trainers who will help push you to the NEXT LEVEL. Workouts include, supersets, speed training, resistance and compound movements. You will burn an insane amount of calories in these 30-minute sessions by using short rest periods and intense resistance using battle ropes, weights, kettle bells, plyo boxes, agility ladders and TRX straps.

ACCOUNTABILITY, CONSISTENCY & RESULTS

Participants will meet with a trainer prior to the session beginning to get measurements on our INBODY body composition scale, goal planning and to discuss any injuries/limitations you may need modifications for. Follow-up meetings will be scheduled at the half way point and at the completion of 8-weeks to review results!

INCLUSIVE, MOTIVATING & FUN!

Our Camps are designed for anyone 15-years of age and older who is ready to put in the work and commit to our 8-week program. If you are ready to lose body fat, gain muscle mass and have fun working out with a group of hard working, goal-orientated individuals, this camp is for you!

GROUP NUTRITION SEMINAR TO OPTIMIZE RESULTS

During our 8-week program there will be group meetings where trainers will discuss nutrition recommendations and guidelines that will assist with end results.

CHOOSE WORKOUT TIMES THAT FIT YOUR SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	7:00 am	7:00 pm	7:00 am	5:30 am	6:30 am
	7:00 am		4:30 pm		7:00 am
			7:00 pm		

FOR MORE INFORMATION, OR TO REGISTER CALL 882-8900