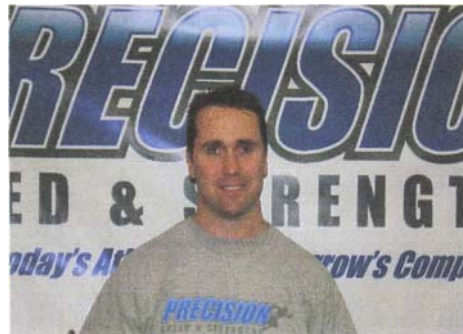




Training Today's Athlete for Tomorrow's Competition

now offering  
**Adult Boot Camp**  
at NESAs



Drill Instructor:

Greg Smith, Certified Trainer C.S.C.S (NSCA)

## Join the fat burning army today!

This class will get your heart pumping and your muscles burning. Boot Camp meets 2 or 3 days a week and is a high intensity, total body conditioning class designed to blowtorch fat off your body! It's the ultimate boot camp style workout that will get you in shape for the summer and have you looking lean and mean in just 8 weeks. Our certified trainers incorporate the most cutting edge, fat burning strategies to get you the body you've always wanted.

**Class Schedule:** Mon, Wed, Fri – 6AM (50 minute class)

**Where:** NESAs, outside turf (indoors if raining)

**Start Date:** Monday, July 6<sup>th</sup> 8 weeks

**Price:** 3 Day \$375.00, 2 Day \$275.00 (If you sign up for two days you can come any two days)

**New two day evening class Tuesday and Thursday at 6pm**

**Start Date:** Tuesday, July 7<sup>th</sup> 8 weeks

### Training at:

NESAs Teaching Sports... for Life.

New England Sports Academy

345 University Avenue,  
Westwood, MA

To register call 781-329-8220, or visit us at [www.precision-ss.com](http://www.precision-ss.com)