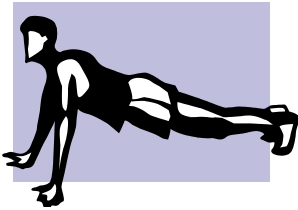
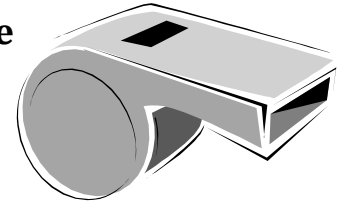


RIDGEWOOD BOOTCAMP

Have you been sticking to your New Year's fitness resolutions?



Don't stop now! Only 64% of resolutions are maintained after the first month. YOU could be one of the 64%!



What is Ridgewood Bootcamp?

- Ridgewood Bootcamp is a four week training course led by our trainer, Carl Powers, that is designed to improve your level of fitness in a variety of ways. The course is geared to push everyone hard, but also make the workout an enjoyable and rewarding experience.
- We must have a minimum of 10 participants to hold a session.

When is the Bootcamp?

- First Bootcamp session begins February 13th and runs through March 9th and will be held from 6am to 6:45am.
- Second Bootcamp session begins on March 19th and runs through April 13th and will be held from 7:00pm until 7:45pm, just in time for bathing suit season!

What is the cost?

- The four week Ridgewood Bootcamp will cost \$150 per person. There will be a drop-in fee of \$15 per person.

Carl Powers- Personal Trainer

- Over 20 years of experience
- Certifications- AFFAA, NASM
- Specializes in:
 - Weight-loss
 - Weight-strength gain
 - Diet programs
 - Body sculpting

Personal Training with Carl

- Carl will be offering personal training sessions at 45 minutes per session.
- If you schedule 5 or more sessions, the rate will be \$35 per session.
- Individual sessions will cost \$50.
- Contact Carl to set up your personal training sessions. Session dates and times will then be scheduled one on one and are held in the Ridgewood Club gym.

(336) 988-3828

HARD WORK • DEDICATION • RESULTS