

Summer Boot Camp



Date: June 13 — Sept. 2, 2011

Time: 5:30 - 6:30 a.m.

Pre-registration is required.

Boot Camp for all ages and fitness levels! Every Monday, Wednesday and Friday for one hour (3 workouts a week). Come get your butt in shape! Lots of functional movements and exercises using your own body weight. All fitness levels encouraged to come out yet workouts are always challenging. Every workout can be done at your own fitness level and I will show you how to modify if needed. First day of each month will include weight and body fat tracking, waist & hip measurements, before pics (upon request) and Q & A. To participate in Boot Camp you will need a set of dumbbells or two (Girls = 5 and/or 10 lbs, Guys = one or two sets of dumbbells heavy enough to be a challenge), a fitness mat/yoga mat, sweat towel and water.



*The
Fitness Boutique*

Monthly Cost:

- \$150.00 per month for New Campers
- \$139.00 per month for Repeat Campers



For more information or to register, please call:

Chris Kenon: 910-916-5594

Pre-registration is required.

Register at the location below OR email Chris Kenon for registration forms.

CCRC Physical Therapy
211 Tallywood Shopping Center
Fayetteville, NC 28303

Once you complete your registration, you will receive a Welcome Letter via email before your camp starts. This will provide you all the information you will need before starting camp.

Phone: 910-916-5594
www.chriskenon.com
E-mail: christina@chriskenon.com