

# ***BRYWOOD DAD'S BOOT CAMP***

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Do you want to get ready to run a 5k, play basketball, or golf? It is time to get strong and fit! This fitness program will be geared toward overall fitness and sports conditioning. This 45 minute workout will have a variety of training stations including: light jogging, body weight training (plyometrics), core strengthening, and free weights.

**Where:** Brywood Elementary

**When:** Tuesday, March 23rd through Sat. May 1st, 2010 ( 6 weeks)

**Days:** Tuesday (5:30 PM) Saturday: (8:30 AM)

**Cost:** \$150.00 for 12 sessions / \$75.00 for 6 sessions  
(5 participant minimum)

**Bring:** Towel and water, equipment will be provided

**Two great benefits of this boot camp: get in great shape  
and 20% of the course fee will go to Brywood PTA!!**

Contact: Mike Maynard, CSCS  
Certified Strength and Conditioning Specialist

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