



## Greg's Fitness Boot Camp Fundraiser

**WHAT:** Greg's Fitness Boot Camps is a fun-filled exercise class that is sure to whip you into great shape. Each class is completely different and each exercise can be adjusted to meet your fitness level. We use equipment and do workouts that you will NOT find in any gym, and they are all results driven workouts.

**WHAT CAN YOU EXPECT:** You should expect to see a noticeable increase in energy, a gain in strength, better fitting pants, improved core and abs strength, burn up to 400 calories/workout, firmer arms and legs, and a greater confidence towards exercise.

**WHERE:** All classes are held at 13 Legion Place, at the Whippany American Legion behind pine plaza.

**WHEN:** 6:00AM Monday through Friday  
9:00AM- Monday, Wednesday, and Friday  
6:30PM- Tuesday and Thursday

Classes can be mixed on a monthly basis. For instance you may take a 6AM class Monday, a 9AM class on Wednesday, and a 6:30PM class on Thursday, or any other combination of classes that best fits your schedule.

**WHAT YOU NEED:** All you will need is a pair of dumbbells, a mat, and a water bottle. Greg provides all other equipment, music, and energy.

You must register prior to coming to camp by contacting Greg at [greg@gregsfitness.com](mailto:greg@gregsfitness.com), [www.gregsbootcamps.com](http://www.gregsbootcamps.com), or by calling 201-572-1955. You will not be allowed to take class without registering first. You must show your monthly membership on the first day of class. Your membership must be used towards your first month of camp only, after your first month the membership will be void. Membership valid for new clients only.

See what my boot campers are saying about class:

*"Greg's Boot Camp is high energy and fast paced. You can work at your own pace, and instructions are given for all fitness levels. Each class is different and that keeps things interesting. Greg is motivating and encourages everyone in class. The time flies by and when you leave, your not only energized but you know you worked every muscles group and got in some fantastic cardio, too. It's great give it a try!!"*

**Rosemary R. Cedar Knolls, NJ**

*"I have definitely lost the weight and toned my body. I enjoy Greg's Boot Camp and he makes exercising fun and the 45-minutes flies by. I feel that Greg's Boot Camp can benefit all ages and exercise styles. One good thing is that you can go at your own pace. I have definitely increased my stamina and ability to complete the exercises. I feel that Greg is a great instructor. He is fun, energetic, and supportive. This is a wonderful class that I look forward to attend each week."*

**Joanna Powell, Whippany NJ**