



WEEKEND WARRIOR BOOT CAMP

HOSTED BY: **CAILEN HOFMANN**
PERFORMANCE TRAINING SPECIALIST

TRAINING PHILOSOPHY

This boot camp is not your run of the mill, cookie cutter program. This is designed for each individual by incorporating many different proven training techniques to shed unwanted body fat, gain strength and promote lean muscle mass.

This program is designed by integrating elements of High Intensity Interval Training, TRX Suspensive Training, strength training, core stability and strength, flexibility and mobility, and injury prevention training methods into

LAYOUT

Every boot camp session will be high energy, fun, non-intimidating environment, coached by an experienced personal trainer to keep you accountable, motivated, and on track with your fitness goals.

No matter what your fitness level is, this program is for you! You could be a first time gym goer, to a former athlete looking to get back in the best shape of their life... Guaranteed

SCHEDULE + COST

Tuesdays/Thursdays: **6:00am** and **6:00pm**
*More times will be added upon demand

Individual: **\$120/month**
Couples: **\$200/month**
Drop-in Rate: **\$25/session**

SECURE YOUR SPOT TODAY!

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