

Uptown Athletic Club: Boot Camp Program

****November 2019 Schedule**

This is a 3-month commitment to a program that is a Bootcamp, but not as strict as something like the army. We provide modifications for all exercises in order to accommodate for previous injuries, as well as target your specific fitness goals. Every class is planned and designed so that all levels of fitness can safely participate and attain the benefits of fitness that fits your individual fitness goal. All classes are planned, instructed, and supervised by Conner Perry; CPT, CSCS, Assistant Manager, and Head Trainer at Uptown Athletic Club, and Intern; Peyton Walker.

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:15AM	YES!	YES!	YES!	(no class)	YES!	(no class)
8:30 AM	YES!	(no class)	YES!	(no class)	YES!	(no class)
9:00 AM	(no class)	(no class)	(no class)	(no class)	(no class)	YES!
12:00PM	YES!	YES!	(no class)	YES!	YES!	(no class)
5:30PM	YES!	YES!	(no class)	YES!	(no class)	(no class)

\$60 Bootcamp only Membership – gets you 1 entire month of unlimited class sessions (3-month commitment)

\$80 for 1 individual month of unlimited Boot Camp classes

\$80 if you want Bootcamp and a membership at our Uptown Athletic Club main gym!!

** If you are already a member with us, your membership would turn into \$20, so \$80 for Bootcamp and Gym**

*****Drop-in classes = \$10 for gym members, \$15 for those who are not members to the gym *****

Bootcamp Membership includes:

- Fitness classes planned, supervised, and taught by nationally certified personal trainers
- Initial fitness assessment
 - o Includes BMI and Body Fat percentage measured
 - o Measurements and Physical Assessment at start, 6-week, and 12-week progress points
- Class options throughout the day (early birds, lunchtime, and late afternoon/evening)

Classes held at holding space yoga building garage. Parking at the parking deck to the left of holding space, or in front of the building if available.

**** For questions/more information:**

www.uptownathleticmadison.com

Call us - 706-752-1680

Email assistant manager @Conner.perry1@gmail.com