



How we do Bootcamp!



ADULT BOOT CAMP

Tuesdays & Thursdays
6:30 p.m. - 7:30 p.m.
January 8-May 30

**Drop-in
OR
Sign-up
for a Plan**

Adult Boot Camp is designed by our instructor, Kristoffer Bernstein, for adults at any fitness level and provides a fun and supportive environment. Exercises include:

 High intensity
 Flexibility

 Strength training
 Body weight exercises

21-WEEK SESSION, CHOOSE YOUR PLAN

Session includes a total of 42 classes over 21-weeks.

- Choose any 20 classes, pay \$200 upfront
- Choose any 10 classes, pay \$125 upfront
- Choose any 5 classes, pay \$75 upfront
- Drop-in rate due the day of workout \$20

REGISTRATION

We offer [online registration](#) where you can choose the payment plan that fits your needs best.

“Sometimes the body has more than what the mind is telling it”
—Lionel Sanders (triathlete)

KRISTOFFER BERNSTEIN

Kristoffer has a degree from Old Dominion University in Health and PE & Exercise Science and has been an ACE Certified Personal Trainer for more than five years.

Recent accomplishments:

- 2017 Ironman Triathlon
- 2018 Marine Corp Marathon
- Triathlete

2019 planned goals:

- Northface 50K
- JFK 50 miler
- Training Peaks Level 1 Certified

Things Kristoffer enjoys when not in training:

- Weekend Warrior, races & trail running
- Physical activity with his wife & dog
- Challenging his mind & body
- Breweries

