Brunswick Parks & Recreation

With Squad leader ~ Certified Personal Trainer Jess Hinds!

AM Boot Camp

Give your day the jump start it needs!

This class will consist of high energy and high intensity workouts, geared towards people who have worked out before but have lost their way or are stuck in a rut. This will be circuit style moving quickly from one exercise to the next, and be designed to work the entire body.

Bring a friend and enjoy the camaraderie!

Monday, Wednesday & Fridays  6:30am—7:15am
Min number of people 5 - Max 15
$100 Residents  $133 Non Residents

PM Boot Camp

Work away the days stress with us!

This class will consist of people looking to get into shape for the first time, or for those looking to get back into it and are tired of low intensity work outs. This class will be fun, motivating and will work you hard. Recruit some friends to work off the day with you!

Tuesdays & Thursdays  5:30pm- 6:15pm
Min number of people 5 - Max 20
$80 Residents  $106 Non Residents

About the Instructor

*Certified Personal Trainer

*Managed a Training Studio in Boston for 6 years before moving to Maine to share her fitness knowledge!

*Works with People of all ages and abilities

*Upbeat, Positive and Motivated to help you succeed!

Classes Held at Brunswick Recreation Center
AGES 16 & UP
Classes Start: February 9th- March 20th
For 6 weeks!

AM Boot Camp starts
February 9th  M/W/F
6:30am—18 Classes
$100 Residents
$133 Non Residents

PM Boot Camp starts
February 10th  T/TH
5:30pm- 12 Classes
$80 Residents
$106 Non Residents

Achieve your fitness goals for 2015 at the Recreation Center!!
Return with fee to the Recreation Center, 220 Neptune Drive, by January 23.
Office hours: Mon.-Fri., 8:00 am to 4:30 pm.

The Parks and Recreation Department encourages individuals with disabilities to register for this program. Should you desire further information, contact the Recreation Department at 725-6656.

Brunswick Parks and Recreation Department
Fitness Boot Camp – Winter 2015 Age 16 & Up (age as of start of program)

FEES: Brunswick Residents: A.M Boot Camp: $100.00 P.M Boot Camp: $80.00
Non-Residents: A.M. Boot Camp: $133.00 P.M. Boot Camp: $106.00

(Please print)
NAME______________________________________________________________

STREET ADDRESS____________________________________________________

TOWN_________________________________________ZIP_____________________

TOWN OF RESIDENCE________________________________DATE OF BIRTH____AGE_____

HOME PHONE_________________WORK PHONE_________________CELL PHONE____________

EMAIL______________________________________________________________

EMERGENCY CONTACT: ____________________________ EMERGENCY PHONE____________

Please check ✓ preferred session(s):

(336230-01) □ A.M. Boot Camp 6:30am – 7:15am
(336230-02) □ P.M. Boot Camp 5:30pm - 6:15pm

MEDICAL INFORMATION________________________________________________________________

As a parent, I give my child permission to participate in the Brunswick Parks and Recreation Department Fitness Boot Camp program. As a parent/participant, I understand that photographs taken of Parks and Recreation Programs may be used by the Brunswick Parks and Recreation Department for promoting programs, classes or events to include brochures, posters or web page postings.

Signature of Parent/Guardian (if under age 18)________________________________________

Names of Parents/Guardians/Participant______________________________________________(PLEASE PRINT)