

Corporate Boot-Camp Fitness Class

Corporate Boot-Camp is a class that can get your co-workers and employees motivated. Set an example and get your staff and co-workers on the right course toward a healthier lifestyle. Corporate Boot-Camp will help you not only feel and look better but also build team camaraderie. We are committed to getting results and keeping your employees healthy.



What you'll experience . . .

You will experience a challenging but fun class that will get you results, teach you teamwork and push your body and mind to higher levels!

The Boot Camp workouts include, but are not limited to, cardiovascular, speed, endurance, plyometrics, body weight strength, exercise bands, medicine ball, jump-rope and flexibility workouts.

As part of the Corporate Boot-Camp you will receive:

- Pre- and Post-fitness assessments
- 8 week program (1 Class/Week)
- Personalized weekly workouts
- Nutritional tips

For more information contact:

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Visit our website: www.PeopleTekCoaching.com