



★ BOOT CAMP ★



- ★ **90 Minute Extreme Bootcamp!**
- ★ **Optional 2 mile run afterwards!**
- ★ **Activities for kids!**



Date: Sunday, April 2
Time: 9:00 – 11:00 am
Location: NYA Sports & Fitness
Suggested Donation: \$15 Adults (14+)
 \$10 Children (5-13)
Register: [Click Here to Register](#)
More Info: cfoos@nyasportsfitness.com

Your team is strong enough for Ragnar but can they make it through our boot camp course? Come find out!

Enjoy a great team-building event for a great cause!

Join in on this intense boot camp where you'll always be challenged and never be bored. Fast-paced circuit training including various equipment, bodyweight, lifting, sleds, sprints, barbells, and more!

The indoor workout will be followed by a two mile run around scenic Fairfield Hills campus.

Kids (5-13) will enjoy age-appropriate activities including sports, games, and arts & crafts!



4 Primrose Street, Newtown, CT 60470 (203) 426-0088
www.nyasportsfitness.com