



# HI-TEST FITNESS

Personal Training | Maximum Performance

## ADULT SUMMER BOOT CAMP



### ALL FITNESS LEVELS ARE WELCOME!!

Every class is specifically designed to rev your metabolism, maximize your fitness potential and boost your energy all day long.

Each class is a different workout and will include a combination of cardio training, speed and agility, plyometrics, strength training, abdominal work and much, much more!  
All classes will begin with a warm up and end with stretching.

**WHEN:** June 24th to August 24th (TUES, THUR & SUN)

**WHERE:** Tenney Grammar School, Methuen, MA

**TIME:** 8:00 AM (Sunday)  
6:30 PM (Tuesday & Thursday)

<b>COSTS:</b>	9 Week Session 1 day	\$65.00
	9 Week Session 2 day	\$125.00
	9 Week Session 3 days	\$185.00
	Single Class Rate	\$9.00

Contact us today for more information!  
[www.hitestfitness.com](http://www.hitestfitness.com) | (978) 804-9705 | [info@hitestfitness.com](mailto:info@hitestfitness.com)