

Summer 2014 Adult Fitness Boot Camp

Coached by Ryan Stevens
JP Case Middle School Athletic Trainer & Performance Coach



**You will have fun.
You will be educated.
You will be challenged.
You will accomplish.
You will get better.**

Adult Fitness Boot Camp (ages 18+)

- @ Robert Hunter School gym
2x/week for 5 weeks (Mondays/Wednesdays)
1:00 pm (1-hour workout)
June 30 through July 30
Fun, sweat, and accomplishment guaranteed!
Program includes: Corrective & dynamic warm-up
Full body circuit training

Individualized training also available (all ages)*

- Functional Movement Assessment
 - 1 on 1 Training
- *Sessions @ RWJ Sports Physical Therapy, Flemington

Questions/Register:
RStevens@Somerset-Healthcare.com



SPORTS MEDICINE

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