

4x4 Fitness

"The 8-Week 4x4 Boot Camp will get you in the best shape of your life. You get here, I'll do the rest."

New enlists start on Mondays, so long as their schedule permits. I have **5:30 am, 6:30 am, 8:15 am, 9:15 am** and **5:30 pm** classes - some are full and wait-listed, others have openings. Because we are in the midst of "new year fever," more classes are approaching the full mark. I limit classes to 12 participants.

Classes are mixed men and women with *constantly varying* routines. These are scaled down to each individuals ability. Safety is first. I like things challenging, but not defeating. All classes are group format with a real effort to introduce everyone and keep a supportive environment. Camaraderie always follows...

I rarely ask "what are your goals" because, honestly, the results are the same for most everyone: weight loss, increased strength, stamina and function. I often hear veterans say things like: "life changing" and "this is the best shape I have ever been in." These are my goals.

The easiest thing to do is give a call when you have time and then come in for a few days.

If you have more questions or would like me to make a reservation, call: 718 812-7897 / www.4x4Fit.com.

And feel free to bring someone else if that makes it easier to get in the door.

Gift Certificates Available!

8 WEEKS TO A NEW YOU

4x4 BOOT CAMP
FITNESS.NUTRITION.HEALTH

GET IN THE BEST SHAPE OF YOUR LIFE

GOOD FOR ONE FREE BOOT CAMP WEEK*

The banner features a collage of images showing people exercising in a boot camp setting. The text is arranged in a vertical layout with a mix of bold and regular fonts.

BUDDY PASS

8 Week Boot Camp
A guided, professionally instructed, supportive training program that develops strength, fitness and a healthy lifestyle.

Instructor
Physical Therapist / Certified Personal Trainer

Location
100 Prospect Street | Waterbury, CT

Contact Us
Mark Brumby
The4x4BootCamp.com
718-812-7897
www.4x4fit.com

*Offer good for one free boot camp week. Not for new members only.

4x4 BOOT CAMP
FITNESS.NUTRITION.HEALTH

The flyer includes a portrait of the instructor, Mark Brumby, and the 4x4 Boot Camp logo. The background features a pattern of hands.