



Tom Pritchard's Extreme Fitness Boot Camp at MPH

*A no-nonsense, fitness program designed to get results -
Fight the Winter Blues and Get in Shape For the New Year !*

The Program

Designed for individuals who want a healthier, more energetic and enjoyable lifestyle. Extreme fitness starts with a fitness evaluation and then combines nutrition, motivation, and a variety of exercises such as calisthenics, agility drills, weight training, and total body workouts in a high-energy environment.

The Mission

To help you get into great shape, reduce stress, lose weight, increase energy, and build confidence. Why spend time shut indoors, when you could be getting fit, losing weight, and having fun? This is one of those windows of opportunity to slim down a size, end the effects of stress, and set into motion your goal to get into top shape this year. Regardless of age and fitness level, if you're in or around MPH and looking to get in top shape, drop those pounds, build that muscle, and actually have fun while doing it, Extreme Fitness Boot Camp is for you!

The Instructor

Tom Pritchard is certified by the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist (www.nscs-lift.org) and has over 20 years of training experience. He has also been a teacher and coach at MPH for 15 years.

Dates/Times/Cost

Tuesdays/Fridays — 5:30 a.m. to 6:30 a.m. for 5 Weeks

Classes Start Tuesday, January 4th --- Cost: \$120.00

(Schedule is flexible....if you miss a day you can make it up!)

To pre-register or for more information, call Tom at (315) 727-4676 or email him at tpritchard03@gmail.com