

Xtreme Adventure Challenge

Saturdays 8:00 a.m.

Monday, Wednesday

6:00 a.m., 8:30 a.m., 12:30 p.m., 6:00 p.m.

May 10 - September 23

4, four week sessions



Tired of doing the same boot camp?

Join your Elite fitness crew for something new this summer!

Traverse an Elite outdoor adventure camp surrounding our facility!

Crawl ~ Run ~ Jump ~ Throw ~ Sprint your way through our tough obstacle course. Tires ~ Ropes ~ TRX ~ Walls & Logs to name just a few!

It takes a lot to get through this course so if you want to shred fat and gain lean muscle mass without the free weights ~ this course is for you.

Come by yourself or with a partner. Get your own crew. We'll see you there!

Session I 5/3-5/29

Session II 6/2-6/26

Session III 6/28-7/24

Session IV 7/26-8/21

Member \$25 a day, must buy at least 6 days.

Non member \$30 **MUST BUY** 6 days or more

You can pick which days you want to go.

Front Desk / Fitness 262-432-3034

ages 18+

Elite Sports Club ~ West Brookfield

600 N. Barker Rd.

