

PRINCETON CLUB

PULSE

BOOTCAMP

STRENGTH. POWER. ENDURANCE. CORE.
The most effective 45 minutes of your day.

Contact Corey Nelson, Personal Training Director to get started!
cnelson@princetonclub.net or 608-441-7000

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6am with Trainer David	6am with Trainer McKenzie	6am with Trainer David	6am with Trainer McKenzie	6am with Trainer David	8am with Trainer Rotating
6pm with Trainer David	6pm with Trainer David	6pm with Trainer David	6pm with Trainer Jake		



Princeton Club Fitchburg • 2920 Hardrock Rd, Fitchburg, WI
www.princetonclub.net

PRINCETON CLUB

PULSE
BOOTCAMP

\$79/month

Unlimited PULSE Boot Camp Training

PULSE Boot Camp Trainers

Corey: cnelson@princetonclub.net

David: dummed80@uwosh.edu

McKenzie: mckinzietirrel@gmail.com

Jake: jacobhurlbutt@gmail.com

With FitMetrix technology, real-time heart rate, calories burned and performance data is

provided to help you get the most from your workout and and SEE your hard work paying off.

No matter your fitness level, this fun, fast paced interval boot camp will challenge you and help you accomplish your fitness goals. *Are you up for the challenge?*

**Take the guess work out of
your workout with PULSE Boot Camp.**

Register with Personal Training Department.

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