

PRINCETON CLUB PULSE BOOTCAMP

STRENGTH. POWER. ENDURANCE CORE

The most effective 45 minutes of your day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				6:00 am Trainer Clay	8:00 am Trainer Austin
		5:30 pm Trainer Austin			
6:15 pm Trainer Brett	6:30 pm Trainer Austin	6:15 pm Trainer Rachel	6:15 pm Trainer Austin		
	7:15 pm Trainer Austin				



**Sign up with a
Trainer today!**

Contact Crystal Lanphier, Personal Training Director,
at crystal.lanphier@princetonclub.net for more information.

Princeton Club East

1729 Eagan Road, Madison • 608-241-2639 • www.princetonclub.net

Effective August 1, 2020

PULSE BOOTCAMP

Monthly	6 Month Membership	12 Month Membership
1x/week.....\$48 (\$12/class)	1x/week.....\$44/month (\$11/class)	1x/week.....\$40/month (\$10/class)
2x/week.....\$80 (\$10/class)	2x/week.....\$72/month (\$9/class)	2x/week.....\$64/month (\$8/class)
3x/week.....\$96 (\$8/class)	3x/week.....\$84/month (\$7/class)	3x/week.....\$72/month (\$6/class)
Unlimited.....\$99	-----	-----

With FitMetrix technology, real-time heart rate, calories burned and performance data is provided to help you get the most from your workout and SEE your hard work paying off. No matter your fitness level, this fun, fast paced interval boot camp will change you and help you accomplish your fitness goals. **Are you up for the challenge?**

Take the guesswork out of your workout with PULSE Boot Camp!

Austin: austin.sherven@princetonclub.net

Brett: brett.sommers@princetonclub.net

Crystal: crystal.lanphier@princetonclub.net

Clay: clay.callen@princetonclub.net

Rachel: rachel.gregory@princetonclub.net