

# 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
6am with Trainer Emily	6am with Trainer Nicole	6am with Trainer Emily	6am with Trainer Nicole	6am with Trainer Callie
6pm with Trainer Riley	6pm with Trainer Riley	6pm with Trainer Kellie	6pm with Trainer Riley	



Princeton Club Fitchburg • 2920 Hardrock Rd, Fitchburg, WI  
[www.princetonclub.net](http://www.princetonclub.net)

**PRINCETON CLUB**

**PULSE**  
**BOOTCAMP**

---

**\$79/month**

**Unlimited PULSE Boot Camp Training**

---

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.

[www.princetonclub.net](http://www.princetonclub.net)