

PRINCETON CLUB

PULSE

BOOTCAMP

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				6:00 am Trainer Clay
		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	

Effective June 1, 2021



Sign up today!

Register at the Front Desk,
online through your
Member Portal, or on the
Princeton Club mobile app.

Contact Rachel Gregory, Personal Training Director,
at rachel.gregory@princetonclub.net for more information.

Princeton Club East

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

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	_____	_____

Personal Trainers

Austin Sherven

austin.sherven@princetonclub.net

Brett Sommers

brett.sommers@princetonclub.net

Clay Callen

clay.callen@princetonclub.net

Rachel Gregory

rachel.gregory@princetonclub.net

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 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.

www.princetonclub.net