

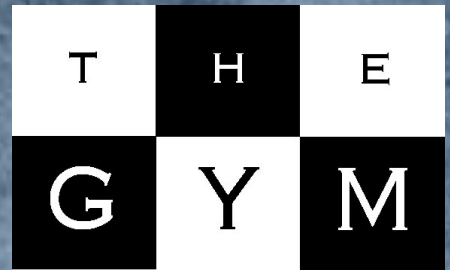


The CAMP

What is The CAMP??

The CAMP is an aggressive, multi faceted, Crossfit style training boot camp. It is conducted in a small group/partner training environment with Rob Fieramosco in the driver's seat. As Rob moves from client to client he carefully educates, corrects form, and instructs you on your next movement before moving on to your partners giving this experience a personal touch that cannot be achieved in group fitness class.

The CAMP with Rob is a sure way to shed fat, gain lean muscle and increase cardiovascular strength and endurance. At \$38 per session this is a fantastic and economical way to reach your goals through hard work and cutting edge program design that can be augmented for any level of fitness. Sign up today at THE GYM of Englewood and earn the body you deserve with world class instruction and accountability.



20 Nordhoff Place
Englewood, NJ 07631
201.567.9399

www.GetToTheGym.com

I have traveled the world educating fitness professionals, but I have yet to meet a more courageous, motivating and sincere individual as Robert. Few trainers have touched lives in a more compassionate way and none have inspired more.

-Juan Carlos
Santana, Director of
the Institute of Human
Performance



**Small Group Training
for Everyone**

**Contact Customer Service
For Schedule Availability**

Why The CAMP???

Why do resistance training, band work or cardio, When you can do this all and so much more in one hour with The CAMP!