**FMC Boot Camp**

Once again FMC is happy to offer Boot Camp classes for our members every Monday, Wednesday and Friday.  Classes start at 8:45am from the ball park and we travel to several different locations to take advantage of the "terrain" to complete a workout.  Each class has the goal of incorporating strength moves, cardiovascular challenges and flexibility exercises into one session.  There is no experience necessary and modifications can be made to accommodate most special situations.  Class concludes back at the ball park at 9:45am.  Each paid member (FMC family membership and Boot Camp participant fee) receives 2 complimentary guest passes so when friends come to visit you don't have to forego your workout.  Classes are designed to be appropriate for all fitness levels.  If any equipment is used in the class, it is provided for you!  Participants should bring water and apply sunscreen prior to class.

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