

NEW ORDER CROSSFIT BOOT CAMP PROGRAM

New Order CrossFit boot camp is a group based training program designed for men and women. This summer camp provides athletic based, functional and HIIT style training methods that give you an intense full body workout. This 45 minute session consists of intense total body training, strength and resistance exercises, core work, weight training and plyos to get you into your best shape. As part of our service, New Order CrossFit staff will do a body metrics evaluation at the beginning and end of the program with nutritional advice and checkups along the way. Personalization is key to getting the best possible results. Our workout programs are modified to fit your fitness goals and levels

BOOT CAMP DATES

FIRST SESSION: JUNE 19TH TO JULY 21ST

SECOND SESSION: JULY 24TH TO SEPTEMBER 1ST

BOOT CAMP HOURS:

M/W/F 8-845am

11:45 – 12:30pm

REGISTRATION PROCEDURES: On-line Payment or Bring to our Facility

LOG IN TO: <https://newordercrossfit.lpages.co/bootcamp/>

[Payment acceptable with Cash, Visa, MC, AMEX or check](#)

OTHER SERVICES: CROSSFIT, INDIVIDUALIZED PROGRAMMING, CROSSFIT KIDS AND BARBELL

“...I am in my first month and everyone, not just the coaches help out through encouragement and helping me learn everything. I love it so far!!!” Kayley B –NEW ORDER CROSSFIT CUSTOMER

“...First time at New Order CrossFit. Great Program, great staff, great workouts! The program is well structured, giving a great workout in an hour. The staff and participants are all very encouraging and friendly. I really enjoy it!” Randall E – NEW ORDER CROSSFIT CUSTOMER