

Testimonials

Baillargeon Athletics has helped me lose weight, build muscle and feel better about my body in a fun and supportive environment! With my wedding day fast approaching, I feel confident that I will look my best! Thank you so much and I can't wait for the next session!

Chandra Engstrom

The boot camp class is very motivational, even addictive. It is good for all ages and fitness levels. The instructors help to tailor classes for all fitness levels by offering modified versions of each exercise. I am 45 years old; I am not the oldest in the class and certainly not the youngest. When I first went to the class it was my first time stepping into a gym in over a year. Needless to say I was a bit sore for the first week or so and had to convince myself into making it to the next class, but now I after completing two sessions I feel great and actually look forward to the next class. I lost over 20 pounds and I was even able to run in a three mile road race with my 13 year old niece. I just signed on for another session and look forward to seeing more results. Thanks!

Scott Scanlon

You are the best trainer I have ever had. I think it is because you love what you do and it shows! Keep up the great work!!!

Elsa Woyasz

If fitting into summer clothes and bathing suits is any indication of how my weight loss is going then I'd have to say GREAT!!! I really didn't think it was going to be possible to change this body but boot camp is working miracles. The classes are always different and Addie and you encourage us to push ourselves in a positive way which is really working for me. I feel fantastic and motivated to work out on days there isn't boot camp because of the results I've had so far.

Beth Nohara

Where:

World Gym Fitness and SportsComplex or in good weather other exciting outdoor locations

When:

Every 6th week with a week break in between, although you can jump in anytime at a pro-rated rate

Time:

Currently 3 sessions Available!

- Mon./Thurs.- 6-7pm, Beginner
 - Tues / Thurs 6-7am Intermediate / Advanced
 - Wed 6:30-7:30pm Sat 8-9am Intermediate / Advanced
- Bootcamps are suitable for all fitness levels although please call Chris @ (860) 303-4959 to determine which level of Bootcamp is exactly right for you

Upcoming Session Start Dates:

- May 28th - July 7th
- July 16th - August 25th
- September 3rd - October 13th
- October 22nd - December 15th

Cost:

\$149 World Gym Member Fee
\$219 Non-Member Fee

START NOW!

**Jump in anytime
Session will be pro-rated**

**NOW OFFERING NEW
BEGINNER BOOTCAMP**

**Sign up today by
email or calling**

**bathletics@snet.net
www.baillargeonathletics.com
(860) 303-4959**

Baillargeon Athletics, LLC
partners with
**World Gym Fitness
and SportsComplex**

6 Week Fitness Bootcamp Programs

**For All Fitness Levels
Beginner • Intermediate • Advanced**

Baillargeon Athletics
"Fitness BOOTCAMPS"

Now in its 4th year at World Gym Norwich.
Servicing approximately 65 clients weekly!

**baillargeonathletics.com
303-4959**



WORLD GYM
In The Norwich Business Park
On The Way To Dodd Stadium
**worldgymnorwich.com
887-3591**

Non-World Gym members welcome
with an added bonus -
Premier gym membership included
for the 6 week program

People With Goals Succeed

A 6 week personal training program 100% dedicated to helping both Men & Women get in the best shape of their life. No fluff, just real workouts created for busy individuals who want to see Results! If you want to get fit, **YOU need to act NOW!** **Fitness BOOTCAMP** will kick start your metabolism, increase your upper & lower body strength, provide you with endless endurance and motivate you to go above and beyond your fitness goals! Our program is designed to deliver results or your money back **Guaranteed!!!**

GIVE TO YOUR EMPLOYER

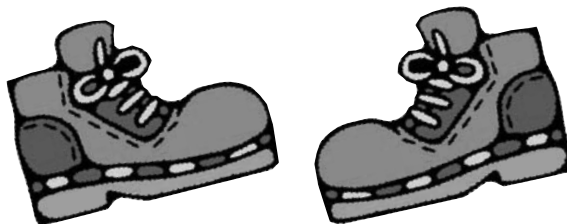
They may consider subsidizing this program for you to really show that they care.
Corporate Rates Available.

**Fitness Bootcamp meets
2x per week for six weeks
at World Gym Fitness and
SportsComplex and to
supplement your Bootcamp
Training this:**

***Includes a 6 Week
PREMIER
Gym Membership
for not-yet members!!***

**Monday & Thursday
6:00pm–7:00pm
Tuesday & Thursday
6:00am–7:00am
or Wed. & Sat.
(Wed 6:30pm-7:30pm /
Saturday 8:00am-9:00am)**

***Plus Bonus Workouts
E-mail Support
Nutrition Coaching
and MORE...***



Fitness BOOTCAMP was created by Chris Baillargeon of Baillargeon Athletics LLC. to motivate, encourage and improve the quality of peoples lives like no other fitness & wellness program in our area.

Chris brings over a decade of corporate health and wellness experience at Pfizer Inc., and has worked as a strength & conditioning coach training athletes pre and post season for various sports. (i.e. football, wrestling, track, etc.)

Chris has motivated and trained athletes at the youth and High School levels that have achieved Division, State & New England Championships and provides lectures and training seminars for coaches with various levels of experience.

Chris holds a Bachelors Degree in Health & Fitness from Springfield College and is certified through the National Strength Conditioning Association (NSCA) as a Certified Strength & Conditioning Specialist (CSCS).

Chris's unique approach was developed after many of years of research, training, and consistently delivering results! His passion and drive is focused on getting both short and long term results. Fitness is not a 6 week change, it's a lifestyle change.

Baillargeon Athletics has three certified trainers who are fitness experts and accomplished trained tri-athletes.

If you are serious about making a lifestyle change to improve the quality of your life, you have come to the right place. **Fitness BOOTCAMP** is guaranteed to deliver results or your money back guaranteed!