

FOR IMMEDIATE RELEASE
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Charlestown is in for a kick in the Boot (camp that is)

August 1, 2006 – Charlestown – Ultimate Bootcamp, Greater Boston's largest outdoor fitness company, is crossing the bridge into Charlestown. Beginning September 11, 2006, the Ultimate Bootcamp workout will be motivating Charlestown residents to get fit at the beautiful Paul Revere Park.

The Charlestown bootcampers will meet in an intimate group setting Monday through Thursday from 6:00-7:00 AM. Participants will build camaraderie as they engage in activities such as partner relay races, push-ups, sit-ups, sports conditioning drills and obstacle courses. The one-hour regimented, full-body conditioning workout will tone, challenge and trim their entire body in just four intense weeks.

"Having been a bootcamper for 2 years now, I still find myself coming back for the vigorous workouts," said Karyn Ragonese, loyal bootcamper and Charlestown resident. "The workouts are always challenging and never get old. Since starting Ultimate Bootcamp, I'm in the best shape of my life and now that it is coming to Charlestown, I can literally roll out of bed and head out the door."

"Karyn is just one of hundreds of success stories we have at Ultimate Bootcamp." said Jill Tomich, Ultimate Bootcamp Co-Founder and Fitness Specialist. "Everyone gets results in the program, everyone. Participants are stronger, have more energy and endurance, are more sculpted and some even loose quite a bit of weight."

Outdoor fitness gurus and Ultimate Bootcamp co-founder, Peter Lavelle is excited about the newest training grounds. "We're fortunate enough to offer this great program in a city whose residents openly talk to each other," said Lavelle. "With word spreading throughout Greater Boston, it's great to be able to meet the needs of people - right in their back yard."

Not sure about jumping into four weeks of bootcamp just yet? Ultimate Bootcamp offers a great way to get a taste of their program before you commit to 4-weeks of classes: the 90-minute **Bootcamp Blast**, a great Saturday morning wake-up workout. Two Charlestown BLAST workouts are scheduled for August 12th and August 26th from at 9:30-11am at Paul Revere Park.

As an added bonus, the Charlestown BLAST workouts will feature, for the first time in two years, both Ultimate Bootcamp founders, Lavelle and Tomich, teaching the class simultaneously.

For more information visit www.ultimatebootcamp.com or call (617)787-1224.

About Ultimate Bootcamp

Ultimate Bootcamp offers innovative fitness programs such as exciting 4-week Bootcamps, action packed Saturday morning, 90-minute BLAST workouts, lifestyle-changing 8-week makeover programs, one-on-one expert Personal Training and rejuvenating Fitness Vacations. The company was created by Jill Tomich and Peter Lavelle to help people reach their personal fitness goals in a fun group setting with an intimate personal training feel. Tomich, Lavelle and their trainers bring energy, creativity, fun and excitement to the Great Boston fitness scene with their innovative fitness routines, experience, personality and spunk. Charlestown will be the fourth outdoor location for the three year old Ultimate Bootcamp fitness company, adding to their already successful Boston Common, Arsenal Park (Watertown) and Pope John Paul II Park (Quincy) locations.

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