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Ultimate Bootcamp plans Ultimate Winter Weekend 2006.

If you want to translate this New Year's resolution to lose weight and get fit into immediate action, run--don't walk--to sign up for Ultimate Bootcamp's pioneer Winter Weekend in the Berkshires.

Held Friday, February 3rd, to Sunday, February 5th 2006 at a premier resort inn, the weekend is the latest brainchild of Boston-area fitness gurus, Peter Lavelle and Jill Tomich, whose bootcamps have attracted a coterie of Greater Bostonians from all walks of life.

Partners since 2004, Peter and Jill are creating a revolution in local fitness options: their bootcamps, which take place outdoors in finer weather, and indoors during the colder months--emphasize a positive can-do approach. You won't find any army-speak here, just old-fashioned hard work and encouragement.

Jill, a former gymnast, and Peter, an Irish couch potato turned fitness zealot, use peer support as well as their own ingenuity to create outstanding fitness routines while making sure all have a good time. As their motto says: "Ultimate fitness. Ultimate fun."

Ultimate Bootcamp's Winter Weekend is the first of Ultimate Bootcamp's "**AWAY**" series. These signature getaways promise the ultimate in conditioning and renewal.

Winter Weekend 2006 will offer participants a feast of activities: core conditioning, snowshoeing, kickboxing, cross-country skiing, yoga, muscle conditioning, stretching and of course, their classic morning bootcamp workout—an action-packed 3 day schedule at an exquisite Berkshire retreat complete with massage services and custom made cuisine.

"Participants will come away from this weekend with an incredible sense of achievement and experience of group support," says Jill Tomich. "Our weekend is rejuvenation at maximum force."

"This is not just about fitness," says Peter Lavelle, co-founder of Ultimate Bootcamp, "It's also about getting **away** from it all, vacationing, being in the beautiful Berkshires, dining on specifically-prepared meals, staying in an enchanting Inn with king-sized beds, period furniture and Victorian architecture."

Whether or not takers will actually have time to notice anything but their own elevated heart rate under the challenging tutelage of their leaders, the weekend is still a bargain: the all-inclusive \$600 cost is comparable to a resort weekend with no fitness components.

If past response is any indication, boot-campers will spend more of the weekend laughing than complaining. Jill and Peter know how to make exercise merry. This is one holiday gift that you probably need as much as you'll want.

For more information, please visit www.ultimatebootcamp.com

Bios.

Peter Lavelle and Jill Tomich are the founders, owners and fitness specialists behind Ultimate Bootcamp, LLC. Inspired by their committed group fitness class participants and personal training clients in the Greater Boston area, they created Ultimate Bootcamp to share their passion that fitness CAN be fun. The fitness programs they develop aspire to educate and energize clients towards their fitness goals, no matter their fitness level.

A native of Ireland, Peter has worked in the Sports and Fitness industry for several years. Fully certified as both a Personal Trainer and Group Fitness Instructor, Peter trains clients and teaches Cardio Kickboxing throughout the Greater Boston area. His dynamic, energetic style can be seen at a diverse network of health clubs and fitness centers. As an Expert Personal Trainer for Ultimate Bootcamp, Peter continually develops his talents and client base. Peter works with a variety of clients whose goals range from weight loss to increasing athletic ability and performance.

Peter's sporting interests include multi-sport events such as triathlons, as well as running marathons. His philosophy is: "We're not here for a long time - we're here for a good time!"

Jill is an ACE (American Council on Exercise) Certified Personal Trainer, ACE certified Group Fitness Instructor, Johnny G Spin instructor and certified in pre/post natal training. She began her fitness career 7 years ago after spending many years in gymnastics. Jill currently teaches bootcamp courses at Boston area fitness centers as well as indoor cycling, Step, BOSU, and muscle conditioning.

Throughout her career, Jill has taken special interest in teaching and developing classes for beginners and those returning to an active lifestyle. Her enthusiasm and creative teaching style reaches those needing a boost to a healthier lifestyle as well as the fitness enthusiast who loves to push the limit. She enjoys traveling and learning more about her other passion and profession, architecture.

