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## **Ultimate Bootcamp Opens New South Shore Location**

**March 10, 2006 – Boston** - Ultimate Bootcamp kicks off its 2006 outdoor season with an additional location to boast about. Their newest spot for motivating clients through an intense, yet fun workout is in the **South Shore** at Pope John Paul II Park. (Directly off I-93 on the Milton/Quincy line). This will be the third outdoor location for the three year old Ultimate Bootcamp fitness company, adding to their already successful Boston Common and Arsenal Park (Watertown) locations.

"The South Shore has been calling us for awhile now. We've had many, many requests and we're really excited we can answer back." said Peter Lavelle, Ultimate Bootcamp Co-Founder and most sought after Personal Trainer.

Come April 10<sup>th</sup> Bootcampers will be seen outdoors, Monday through Thursday, engaging in activities such as push-ups, sit-ups, cardio drills, obstacle courses and partner relay races. The workout takes participants through a one hour regimented, full-body conditioning exercises that tone, challenge and trim the body in 4 intense weeks. And you don't have to be a fitness buff to be successful in the program.

"I tell everyone about you guys because the bootcamp program is heaven sent for exercise dummies" said Janis, a recent graduate of Ultimate Bootcamp who participated in the fitness program to tone-up before her wedding.

Ultimate Bootcamp Co-Founder Jill Tomich said in response, "Our goal is to energize and educate those who have absolutely no fitness background as well as push the fitness enthusiast to the next level. No matter who you are, no matter what your previous fitness experiences you're going to come out of a workout with a smile on your sweaty face because you know you pushed yourself through a tough workout that you probably wouldn't take on by yourself."

Not sure about jumping into a four week bootcamp session just yet? Ultimate Bootcamp offers a great way to get a taste of their workouts before you commit to a 4-week session, the Saturday 90-minute **Bootcamp Blast**. The next Blast workout and informational session is Saturday, March 25<sup>th</sup> at 9:30-11am at the South Shore and Boston Common locations.

For more information visit [www.ultimatebootcamp.com](http://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 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 and Lavelle bring energy, creativity, fun and excitement to the Great Boston fitness scene with their innovative fitness routines, experience, personality and spunk.

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