

MEET THE DIRECTOR

Ryan Bate, along with his wife **Danielle**, own and operate South County Adventure Boot Camp. An avid fitness enthusiast from an early age, Ryan has been involved in competitive sports and physical activity throughout his life. He has been successful in the fitness industry for the past 6 years and has experience helping individuals of all ages and physical fitness levels.

Ryan holds a Bachelor of Science Degree in Community Health Education from Rhode Island College. He is also a NESTA certified Adventure Boot Camp instructor, and a Certified Personal Trainer from the American College of Sports Medicine (ACSM) and he is CPR certified.

Ryan is thrilled to bring Adventure Bootcamp to Rhode Island to help busy women achieve their fitness goals while also managing other aspects of their lives. He is passionate about helping people of all ages, sizes, and abilities reach their health and fitness goals, and believes the most important tool to achieve those goals is education. "Education is the key to lifelong health and fitness success."

RYAN HOLDS THE FOLLOWING QUALIFICATIONS:

- Certified Adventure Boot Camp Instructor, National Exercise & Sports Trainers Association (NESTA)
- Certified Personal Trainer, American College of Sports Medicine (ACSM)
- CPR Certified/AED Certified
- Bachelor's of Science (Community Health Education), Rhode Island College

JOIN TODAY!

1. Visit SCBootcamp.com for the next camp date and location
2. Fill out the registration for and pay online through our secure payment system.
3. You will receive an immediate email with more details about the seminar and evaluations.
4. Get ready to have the time of your life in the ultimate "out of gym experience"- South County Adventure Boot Camp!

all fitness levels welcome!

SOUTH COUNTY ADVENTURE BOOTCAMP

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www.SCBootCamp.com

SOUTH COUNTY
A DVENTURE
BOOT CAMP
FOR WOMEN

**Need a
jump start
with your
fitness?**



JOIN THE ADVENTURE!

www.SCBootcamp.com



Four Week Outdoor **TOTAL** Fitness Transformation

SOUTH COUNTY ADVENTURE BOOT CAMP

is a four week outdoor program that offers fitness instruction, nutritional information and motivation training, packed with fun and energizing activities designed to help you reach your fitness goals. This exciting program was developed in Orange County by Dr. John Spencer Ellis and now, fitness Ryan Bate and his skilled team of trainers bring Adventure Boot Camp to the South County area! Come join the adventure and experience a new level of strength, endurance, self-confidence and well being.

WHATS INCLUDED:

- 20 One Hour Workouts
(One hour a day for 4 weeks, M-F)
- Free Wellness Seminar
- Before and After Assessments
- FREE Boot Camp T-shirt
(first time campers only)



EXPERIENCE IT!

- Four Week Program, Monday-Friday
located outdoors in beautiful South
County area!
- Times and locations at
SCBootcamp.com
- Spaces fill quickly for this
unique experience!

ONLY \$9.95 per session

FIND US ON



Fans of South County
Adventure Boot Camp

CAMP ACTIVITIES

- Circuit Training
- Core Conditioning
- Obstacle Courses
- Sports Drills
- Exciting Cardio
- Strength Training
- Short Distance Running/Walking

and more!



FOR MORE INFORMATION, VISIT: www.SCBootcamp.com