

MEET THE DIRECTOR

Ryan Bate is the owner of 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 4 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 Boot Camp to Rhode Island to help busy women achieve their fitness goals while also managing all 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



ALL
FITNESS
LEVELS
WELCOME

JOIN TODAY!

1 Visit SCBootCamp.com for the next camp date and location.

2 Fill out the registration form 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!

South County Adventure Boot Camp

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www.SCBootCamp.com

SOUTH COUNTY
ADVENTURE
BOOT CAMP FOR WOMEN

Need a
JUMP START
with your
FITNESS?

**JOIN THE
ADVENTURE!**

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SOUTH COUNTY ADVENTURE BOOT CAMP FOR WOMEN

FOUR WEEK OUTDOOR TOTAL FITNESS TRANSFORMATION



South County Adventure Boot Camp is a four week outdoor program that offers fitness instruction, nutritional information and motivational 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 expert 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.

WHAT'S INCLUDED

- » 20 One Hour Workouts
(One Hour a Day for 4 weeks, M-F)
- » FREE Nutrition Seminar
- » Before & After Assessment
- » FREE Boot Camp T-Shirt

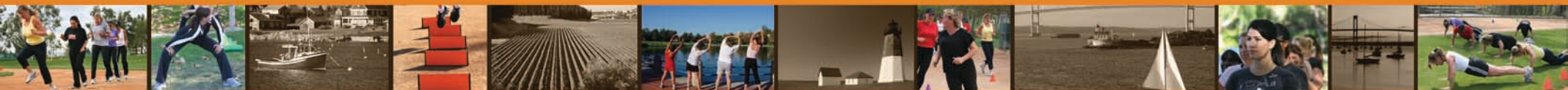
EXPERIENCE IT!

Four Week Program, Monday - Friday
Located outdoors in beautiful Wakefield area
Times and Locations at SCBootCamp.com
Spaces fill quickly for this unique experience!

Only \$14.95 per session

CAMP ACTIVITIES

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



For more information, visit: SCBootCamp.com