



ML Athletics Danvers YMCA Rate Plans for Boot Camp

2 Day Commitment Program

12 Month @ \$48 per Month

6 Month @ \$57 per Month

3 Month @ \$63 per Month

3 Day Commitment Program

12 Month @ \$72 per Month

6 Month @ \$81 per Month

3 Month @ \$87 per Month

Non-Commit Plans

2 Day Program

Monthly @ \$69

3 Day Program

Monthly @ \$93

No other Bootcamp Offers More Value for your Dollar!

We offer a free trial week with no obligation to purchase at the end of the week if you felt it wasn't for you. Test drive your fitness program just like you do a car.

What ML Athletics Bootcamp Offers:

- **Free Bootcamp Consult and Fitness Assessment Valued @ \$79**
- **Free 30 minute Nutrition Consult Valued @ \$59**
- **Free Every 3 Months Re-assessment** to track your progress **Valued @ \$79 each**
- **Free 12 Fat Blasting Meal Plans** from Prograde Nutrition **Valued @ \$99**
- **Free Eternal Eating Rapid Fat Loss Meal Plans** With Grocery Store List **Valued @ \$99**
- **Weekly Accountability** with weigh in at the beginning of the each week
- **Weekly Nutrition Assistance**, answering questions through email and by phone, and by reviewing your nutrition log from the prior week. **Valued @ Priceless**
- **Program variation** = no one workout is the same as the other. **Valued @ Priceless**

***This rate sheet only applies to persons who are Danvers YMCA Members and sign up for the Danvers YMCA Morning Boot Camp Class**