

FAST NV's Boot Camp Guide

"We're the best because we've actually done it!"



FAST NV

4655 Longley Lane Suite 107 Reno, NV 89502

Carlos Madrid - (775) 771-0788

JJ Milan - (775) 530-4504

Nick Hawthorne - (916) 844-5878

F.A.S.T. NV Boot Camp Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Carlos @ FAST				Carlos @ FAST	
9:00 AM						Carlos, JJ & Nick @ TBA
12:00 PM	Carlos @ FAST		Carlos @ FAST		Carlos @ FAST	
6:00 PM	Nick @ FAST	JJ @ TBA	JJ @ FAST	JJ @ FAST	Nick @ FAST	
7:00 PM		JJ @ TBA		JJ @ FAST		

Come Experience the Biggest Loser with the FAST NV Team!

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FAST
Functional Athletic
Sports Training

F.A.S.T. Functional Athletic
Sports Training

"Stay committed to your goals. Obstacles are a thing a person sees when they take their eyes off their goal."

What is a FAST Boot Camp?

Carlos Madrid, JJ Milan and Nick Hawthorne have years of professional experience in resistance training, circuit training, athletic training, Cross Fit, core training as well as strength and stability training which is incorporated into every boot camp. These camps aren't just confined to the gym though; two times a week FAST will conduct outdoor camps at locations such as the Sparks Marina, Galena Creek hiking trail, and other parks and schools around the Reno/Sparks area. This particular camp is three months long starting on October 10th 2011. The



Partnering with FAST NV will be physical therapist Todd L. Eekhoff, MPT. Todd has 23 years of experience practicing physical therapy in the Reno area. Todd's Body Shop Physical Therapy and Rehab offers treatment for all types of pain; back and neck, knee pain, hip, foot, hand and elbow, headaches and even pregnancy issues. FAST NV and Todd's Body Shop have partnered to offer a unique experience in physical therapy and personal training. Come in or call for more details. Todd (775)825-6450

"The BEST boot camps in Northern Nevada!" -FAST camper



theme of this camp is FAST NV's "Biggest Loser". We will judge on inches and pounds lost as well as overall time cut off of a general FAST circuit, a 3/4 mile run and what is known as the "Sucky Sixty" (medicine ball cardio routine). Come see what you've been missing. The Biggest Loser is guaranteed to shave pounds and inches as well as boost your metabolism, increase your strength and super charge your endurance. In addition to getting in to the best shape of your life, you will meet amazing people and build lasting friendships. This boot camp will make you cancel your gym membership and become a FAST athlete for life!

How much does it cost?

Basic Price	\$399.00
Boot Camp Veterans	\$350.00
Couples Price	\$300/camper
County & Civil Service Employees (w/ ID)	\$300.00
Personal Training / Boot Camp Combo Deal	Boot Camp price +
Add on personal training to your boot camp package for just \$10 per session!	Personal Training for \$10/session
(24 sessions maximum, limit 2 per week)	