

2011 FARMINGTON VALLEY FITNESS BOOT CAMPS CALENDAR

Below is our final 2011 on-site training calendar for both semi-private AND bootcamp training. Our fitness membership programs operate on a 4 week schedule of 3-weeks of intense training followed by 1-week of regeneration training. This format is scientifically proven to maximize training results while providing for the necessary pre-planned mental and physical regeneration for long-term success and injury prevention. The sole exception to this format is a 2-week end of year break during the busy and stressful Holiday season to provide complete recovery from a solid year of training.

Phase # 1 – January 3rd to January 22nd

- Orientation: Sunday, January 2nd @ 10am

Phase #2 – January 31st to February 19th

- Orientation: Sunday, January 30th @ 10am

Phase #3 – February 28th to March 19th

- Orientation: Sunday, February 27th @ 10am

Phase #4 – March 28th to April 16th

- Orientation: Sunday, March 27th @ 10am

Phase #5 – April 25th to May 14th

- Orientation: Sunday, April 24th @ 10am

Phase #6 – May 23rd to June 11th

- Orientation: Sunday, May 22nd @ 10am

Phase #7 – June 20th to July 9th

- Orientation: Sunday, June 19th @ 10am

Phase #8 – July 18th to August 6th

- Orientation: Sunday, July 17th @ 10am

Phase #9 – August 15th to September 3rd

- Orientation: Sunday, August 14th @ 10am

Phase #10 – September 12th to October 1st

- Orientation: Sunday, September 11th @ 10am

Phase #11 – October 10th to October 29th

- Orientation: Sunday, October 9th @ 10am

Phase #12 – November 7th to November 26th

- Orientation: Sunday, November 6th @ 10am

Phase #13 – December 6th to December 17th

- Orientation: Sunday, December 4th @ 10am

*****END OF YEAR 2-WEEK BREAK: Training resumes on Monday, January 2nd!**

NOTE – There is no training on the following holidays:

- 1.) Memorial Day
- 2.) Independence Day
- 3.) Thanksgiving Day