

## **2012 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 9th to February 4th**

- Orientation: Sunday, January 8th @ 10am

### **Phase #2 – February 6th to March 3rd**

- Orientation: Sunday, February 5th @ 10am

### **Phase #3 – March 5th – March 31st**

- Orientation: Sunday, March 4th @ 10am

### **Phase #4 – April 2nd to April 27th**

- Orientation: Sunday, April 1st @ 10am

### **Phase #5 – April 30th to May 26th**

- Orientation: Sunday, April 29th @ 10am

### **Phase #6 – May 28th to June 23rd**

- Orientation: Sunday, May 27th @ 10am

### **Phase #7 – June 25th to July 21st**

- Orientation: Sunday, June 24th @ 10am

### **Phase #8 – July 23rd to August 18th**

- Orientation: Sunday, July 22nd @ 10am

### **Phase #9 – August 19th to September 15th**

- Orientation: Sunday, August 18th @ 10am

### **Phase #10 – September 16th to October 13th**

- Orientation: Sunday, September 15th @ 10am

**Phase #11 – October 15th to November 10th**

- Orientation: Sunday, October 14th @ 10am

**Phase #12 – November 12th to December 8th**

- Orientation: Sunday, November 11th @ 10am

**Phase #13 – December 10th to December 22nd**

- Orientation: Sunday, December 9th @ 10am

\*\*\*END OF YEAR 2-WEEK BREAK: Training resumes on Monday, January 7th!

**NOTE – There is no training on the following holidays:**

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

- ***NOTE: IF YOU DO NOT ARRIVE 10-15 MINUTES PRIOR TO THE START TIME OF THE SESSION YOU MAY NOT BE ALLOWED TO PARTAKE IN THE CURRENT SESSION***
- ***CANTON DOES NOT CLOSE DURING SNOWSTORMS***
- ***WEST HARTFORD and future Sister locations will follow the Towns School Closings Schedule meaning NO SCHOOL = NO CLASS at the Sister locations***
- ***Clients can “make-up a session” or attend a workout in Canton.***
- ***Saturday Sessions are subject to change***
- ***Note: Recovery and Regeneration Week Schedule is Release to Members Prior to the Start of that week. Days with no sessions scheduled and Saturday Weekend Warrior Camps are subject to change per future schedule changes that may occur***