



MABootCamp.com

Shannon's Cell  
(508)328-5236

## For Women

Notice: This letter is intended specifically and only for boot camp participants. It may not be copied or used for any non Adventure Boot Camp purposes.

**Congratulations on your choice to get fit and HAVE FUN!**  
**Here are all your questions answered.**

### **How do I prepare for each class?**

Eat a SMALL meal before camp. Avoid juice. Avoid perfumes. Please ALWAYS arrive on time. For your maximum benefit and safety, be warmed-up and ready to exercise when camp begins. A cold body is more prone to injury.

### **What do I need to bring to camp each day?**

Unless otherwise instructed, please bring your **exercise mat, weights, running shoes and a water bottle every day.** You may also bring a towel. Five pound weights are the most commonly used, but some beginners may feel more comfortable starting with 3 pound weights.

### **What do I wear to class?**

Keep in mind that we are outside from May through September. For tops all year round, wear any short sleeve or sleeveless workout shirt or t-shirt. For bottoms in warm weather, shorts work best. For cooler weather, yoga or workout pants, capris or any stretchy comfortable bottoms work best. During the indoor camps you may want to arrive with a jacket or sweatshirt until class begins. Wear layered clothing for the outdoor camps. You will get warm very quickly. A hat and gloves will be your best method of keeping warm for the first 5-10 minutes each day during the cooler months. You'll be plenty sweaty by the end of each hour. **Running shoes or cross trainers** are required. And be prepared to get dirty at times!

### **What do I do if I cannot make it to class?**

If you know before class day that cannot attend a class, email Shannon the day prior to the day that you will miss. If you suddenly cannot attend class one day, you can also email or call Shannon prior to class time as a courtesy.

## **What if I have a problem during class?**

If you have an unusual ache or pain, tell Shannon or Kelly immediately.

## **What if I want to be measured and weighed before camp begins?**

If you want to be evaluated to record your “before” measurements, email or call Shannon to set up a 10 minute time which is convenient for both of you during the week prior to the start of a camp. This meeting will most likely take place at the Adventure Boot Camp office at 6 Mechanic Street in Foxboro.

## **WHERE DO WE MEET EACH DAY?**

### **May through September (unless otherwise noted):**

All outdoor classes are held at Payson Road Field and Courts on Payson Road in Foxboro MA, just beyond the fire and police stations. It is the first field on the right and has a playground. On occasion we will use the second field adjacent to this one. If you don't see any cars in the parking lot, come into the lot and turn onto the road on the far left. This will take you to the parking lot of the second field.

### **October through April (unless otherwise noted):**

The early morning and evening classes are held at the First Baptist Church Gymnasium at 115 Mechanic Street in Foxboro MA. Enter through the glass door at the back parking lot. The mid morning class is held at Fore Kicks at 10 Pine Street in Norfolk MA, less than 10 minutes from Foxboro center. Take Rt. 140 North, then a right onto Rt. 115. Fore Kicks is about a mile down on the left.

## **Where do we meet if it rains (May through September)?**

In the event of rain, the early morning and evening classes will meet at the First Baptist Church in Foxboro (same location as the winter classes). Yes, this is possible even on the first day of camp. If there is ever any question about where we will meet due to weather, check the website within 30 minutes of the start of your class. IF the class has been moved indoors, there will be a notice near the top of the home page in red letters. You should also check your email before class. If Shannon can trust the weather report before class, an email will be sent out to change to the indoor location.

**Note: rain means use of windshield wipers on high... (not grey skies)**

# **Special Camp Days to Remember**

## **Hike Days**

**About the HIKES:** *3-Mile Hike in the Foxboro State Forest*

**Hikes are scheduled for the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of Camp  
In June, July and August.**

*If it rains on a hike day, we meet at the above named rain location for your class time.*

*On the hike, we start out together and then let groups form based on ability level. For safety, you must always be in a group of three or more. There will be someone working with Shannon or Kelly at the back of the class to ensure that no one gets lost.*

Please bring your regular running shoes. If you have hiking sneakers wear them. There are rocks on parts of the trail .Only a couple sections are steep. The only thing you'll need is perhaps a small bottle of water. You may also want to bring bug spray.

Sorry, no pets allowed on hike day for safety and common courtesy reasons.

**IMPORTANT NOTE:** We will not be taking roll call each morning. You are responsible for knowing about the special days in this camp and where to go. If there is a change in the hiking day schedule, Shannon or Kelly will notify the class prior to that day.

# YOUR INSTRUCTORS

Shannon Barbato Owner/Program Director/Head Coach



**Shannon Barbato is the owner and Head Trainer of Eastern MA Adventure Boot Camp for women and creator of Fight 4 Fitness <sup>SM</sup>.**

Shannon has found her passion in helping others to be all they can be. She has 18 years of experience as a licensed hairstylist, and over 10 years in the health and fitness industry. Shannon has come to realize that her love for people is unequivocal, and to help them feel extraordinary inside and out is truly her life mission.

Shannon is a **NESTA** (National Exercise and Sports Trainer Association) **Certified Adventure Boot Camp Trainer** and certified **Personal Trainer**.

She also holds **group fitness** certifications through **Body Training Systems** which include: **Group Kick** (kickboxing) and **Group Power** (strength and conditioning). She has *led thousands* of group style events, and personally guided hundreds of people towards reaching their full potential. In addition, Shannon has developed and managed the group training department for a leading Health club.

An enormous part of Shannon's strength and passion lies within her Certification as a **nationally recognized Tae Bo® instructor**. Shannon is amongst only 7 Authentic, Certified, Tae Bo® instructors in New England. In 2006, she was personally chosen by Billy Blanks (the creator of Tae Bo®, and World Karate Champion) to use the Tae Bo® name and share & teach this unique discipline. Shannon continues her intense training with Billy in Los Angeles CA every year to maintain the high Standards. She has earned her black belt in Tae Bo® Kwon- a form of Tae Kwon Do, and currently pursuing her 2<sup>nd</sup> Red Stripe.

Shannon continually strives to empower people to see their full potential, and firmly believes that: **"If you think you can, you can"**.

**Shannon's positive energy and sense of humor will be all you need to succeed during this 4 week ultimate out of gym experience. She has designed a unique program to help you obtain strength, flexibility, weight loss and cardiovascular fitness, while creating an environment that will bring you confidence, peace, motivation and not to mention friendships that will last a lifetime! Shannon now welcomes women of all ages and fitness levels to join Eastern Massachusetts Adventure Boot Camp. It will be a life changing experience that you don't want to miss.**

*"It's a pleasure to work with all of you at Adventure Boot Camp. I'm here to guide your progress and answer your questions. Your safety is of utmost importance to me. Please follow instructions, warm-up well, dress properly and have fun. Your maximum enjoyment is anticipated."*

Sincerely, *Shannon*

# Kelly Cutillo Assistant Coach



Kelly Cutillo graduated in 1989 from Northeastern University with a Bachelors Degree of Science in nursing. She is married with 3 beautiful children who inspire her every day. Kelly has always had a special love for coaching and teaching. She found a special passion for working with children, and spent many years in Boston while working on a Pediatric Surgical floor. She learned a great deal while working with kids, and loved soaking up their energy and love for life.

Kelly was a CPR instructor for a number of years, and currently works part time as a Nurse trainer with an insulin Pump company. Her duties include placing children and adults with diabetes on insulin pumps, while training their families, and teachers.

Kelly coaches youth sports (Girls Soccer and Basketball), and coaches the "running club" for the Foxboro against Diabetes race each year.

Kelly joined Adventure Boot camp as a participant in June 07 and became hooked! "I felt I was in a slump with my workouts, and needed to be pushed. It was the best decision I ever made, and I feel stronger, healthier and more confident than I have in years" Kelly replies. The positive reinforcement, the team atmosphere, and the enthusiastic workouts that Shannon and her Boot camp program offer are something I feel passionate about being involved with.

Kelly spent a year training under Shannon to become an Assistant Boot Camp coach. She shares the same motivation, passion and love for the program. Kelly is an **AFAA** certified **Personal Trainer**, and **NESTA** Certified **Adventure Boot Camp Assistant Trainer**. She is **CPR/ AED certified** with the **American Red Cross** and is currently pursuing an **AFFA** certification in **Kickboxing**.

Kelly is looking forward to continuing her training and education in fitness, and very excited to help guide you toward the next level!!