



MABootCamp.com

Shannon's Cell
(508)328-5236

For Women

**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. We also recommend bringing boxing gloves (see Boxing Days below).

What do I wear to class?

Wear layered clothing. 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.

Where do we go for our pre and post evaluations?

We have a great process for this at ABC! All nutrition and pre and post evaluations take place at the Adventure Boot Camp office at 6 Mechanic Street in Foxboro center (in the same building as Primo's subs). This is how it works: at 6:00pm on the

Sunday night before the start of each new camp there is an informal yet informative meeting on nutrition. Shannon gives some great tips and welcomes questions and discussions regarding health and diet. This is also a great time to bring up any of your boot camp questions or concerns. Then from 6:45 to 7:15 we will be doing weight and measurements for anyone who wants a pre camp evaluation.

If anyone wants a post camp evaluation, these take place on the last Thursday of each FULL camp session (no post evals for EXPRESS camps). They are held at the office from 8:00pm to 8:30pm. Yes we know the Friday camps still have one more class but you'll be just as fabulous with just one less hour!

WHERE DO WE MEET EACH DAY?

May through October (unless otherwise noted):

The early and mid morning classes are held at the Booth field in Foxboro. It is located at 40 South Street Foxboro MA, just outside of Foxboro center. It is directly adjacent to the Igo School building. The evening classes are held at Payson Road Field and Courts on Payson Road in Foxboro MA, just beyond the fire and police stations.

November 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 October)?

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, you can call Shannon on her **cell phone at (508) 328-5236** in the AM. You should also check your email before class. If Shannon can trust the weather report before class, she will post it on the home page of the website in Red letters before she leaves for camp.

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 2nd, 3rd and 4th Wednesday of FULL Camp and the 2nd Wednesday of EXPRESS camps permitting it is light enough during class time.

NOTE: It may be dark for the first few minutes during the spring time. Please bring a **flashlight** if you have one and feel you will need one. We should have one for every other person. *YOU WILL BE ON TIME!*

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. We will likely divide into two groups as the hike progresses.

Sorry, no pets allowed on hike day. 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.

Boxing Days

Occasionally in the winter or on rainy indoor days, we do some boxing with and without the bags. We strongly suggest boxing gloves for these days. And since it is sometimes a last minute decision to box, you should regularly bring your gloves to

class. You can get them at any sporting goods store. Here are a couple of good choices from the Sports Authority website (prices on 7/09):



Everlast Pro Style Training Boxing Glove **\$29.99**



Everlast Neoprene Heavy Bag Gloves **\$19.99**

Target also sells gloves, including a brand called Pure. The prices are in the same price range as Sports Authority.

YOUR INSTRUCTORS

S h a n n o n B a r b a t o 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 FitnessSM.

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 2nd 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!!