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CONTACT:

**Ray Kalas, Director
Madison Teen Center
973-660-0049**

***Fitness Boot Camp for Teens
Perfect for Keeping New Years Resolution***

The Madison Teen Center has launched a new, after-school Fitness Boot Camp in January that challenges teens to get into the best shape of their lives. “It’s not going to be easy but it will be rewarding,” said Ray Kalas, Teen Center Director, “and it’s just in time to help with all the New Years resolutions promising to get back in shape after the holidays.” Temporarily located at Bayley Ellard High School gymnasium, Fitness Boot Camp will meet Mondays, Wednesdays and Fridays from 3:30pm to 4:30pm. No registration is necessary but classes will begin promptly at 3:30 with regimented activities. Madison teens, males and females, looking for a fun and non-traditional way to exercise as well as maintain a healthy lifestyle will find the Fitness Boot Camp one of the fastest and best ways to reach their goals.

“Fitness Boot Camp can help anyone become more, but it’s particularly helpful to athletes who want to stay in great shape in the off season,” said Tiffany Twardowsky, Boot Camp Instructor. “Teens will experience cardio, weight, core, and flexibility workouts like no other traditional fitness program.” Specifically, some exercises include cardio drills, sprints, strength training, speed and agility drills, calisthenics, core exercises, balance training and stretching.

Instead of one trainer, Boot Camp has a team of dedicated and certified fitness instructors to help all skill levels and all age groups, all accomplished in a positive, friendly environment.

Interested teens can drop in and challenge themselves any Monday, Wednesday and Friday from 3:30-4:30 pm at the Bayley Ellard High School gym. It is suggested they bring water, a towel and wear sneakers and comfortable clothing and come prepared for a real workout. Information about this and other Madison Teen Center programs can be obtained from Ray Kalas or Chris Bias any day after school from 3pm to 7pm at the Bayley Ellard HS gym.

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