



## FOR IMMEDIATE RELEASE

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# CAN YOU SURVIVE?

*The Beacon Hill Athletic Clubs Present a Six-Week Long Boot Camp Challenge!*

**(Boston, MA)** - With our busy lifestyles and our regular workout routines, we all can reach that exercise plateau. However, there's a new way to fit a hard workout into just one hour. If you are ready for a real challenge and want to finally transform your body – enlist in **"Survive!"** The BHAC's "Survive" is a six-week long out-door program that will give you the opportunity to whip your body into shape this summer.

The program will introduce new Military-style workouts such as sand-bagging with running and strength training; designed for targeting the whole body. The classes also include: circuit drills, running, push-ups, squats and sit-ups to name a few. Workouts are always varied to keep participants interested and challenged. Various workouts will have a team building component. Participants will be presented with exercise challenges to be completed as a team.

*Survive* launches on July 9, 2008 and will be offered twice a week for six weeks at BHAC's Brighton and Wellesley locations.

In Brighton, MA. Former Marine, Lee Kennon will be instructing a six-week program taking place on **Wednesday and Fridays from 6:00-7:00pm.**

In Wellesley, MA. Sergeant Chris Sullivan and former Iraqi freedom veteran, will be instructing the course on **Mondays 5:30pm-6:30pm and Thursdays 6:00am-7:00am.**

The six-week Survival Boot Camp is free of charge to all members on a *(first come first serve basis)* and is \$119.00 for all non-members. For more information or to sign up please call the Brighton Center at 617.562.0202 and ask to enlist.

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### **About the BHAC:**

The Beacon Hill Athletic Clubs are the premier Boston health clubs and total fitness centers in and around Boston. Locations include: Beacon Hill | Beacon Hill North End/Waterfront | North Station | Newton | Brookline Village | Brighton Center | Cleveland Circle | Wellesley. The BHAC's eight locations feature spacious group exercise and Spinning studios,

steam rooms, and the Cardio Theatre audiovisual entertainment systems.

The health clubs are filled with state of the art cardiovascular equipment and include a vast variety of free weights and weight machines. Every location maintains a staff of certified personal trainers providing sessions run by the hour and discounts available when 10 sessions are purchased. Group exercise classes include: kickboxing, power yoga, spinning and Pilates. For More information please call 617-562-0202 or log on to: [www.beaconhillathleticclubs.com](http://www.beaconhillathleticclubs.com).