

Inspire Bootcamp launches in Northern...



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Are you looking for a unique, no-nonsense, and fun workout? **Inspire Bootcamp**, the most efficient interval-training-based group exercise program launched in Northern New Jersey this past June. This program is not your typical boot camp - get fit without getting screamed at, utilizing sports movement skill progressions instead of the typical "Paris Island" styled repetitive calisthenics. Weekend Warriors will get the benefit of improved agility and "sport-speed", in addition to enhanced physical conditioning. It is challenging and vigorous. With the **Inspire Bootcamp**, you will have to fight fatigue, but you won't have to fight the elements, because the **Inspire Bootcamp** is offered indoors. Forget the rain, early morning darkness, wild animals or goose poop you encounter outside. Come inside our spacious indoor turf training center and enjoy a no frills, safe, effective workout that will get you in shape fast! Go to <http://www.inspiretrainingsystems.com/Bootcamp.html> for more information.

Tags: weight, fitness, workout, sports_conditioning, fitness_training, exercise, work-out, weight_loss, gym, bootcamp, new_jersey, fit, functional-fitness, boot_camp, nj, fat_loss