

Boot Camp, “Head to Tone” & Personal Training With Maggie Lemay



Boot Camp

Mondays & Wednesdays
9:00am to 10:00am

Tuesdays & Thursdays
5:00pm to 6:00pm

and starting November 1st a second
class from 6-7pm

“Head to Tone”

Monday & Wednesday
8:00am to 9:00am

Maggie also offers personal training!

Please contact our office to setup a
scheduled session

**Start any day & use the
“Punch Card” or Drop-In
systems:**

\$10 per class / Drop-In

**\$100 for Punch Card, which
includes 11-visits and a free body
fat analysis**

Prices are the same for all programs.
One punch card can be used for any of the
classes with Maggie Lemay.

Maggie Lemay is a certified personal
trainer who spent 10-yrns in the U.S.
Navy working on the physical readiness
program for active duty personnel. She
is a competitive fitness athlete and has
experience working with all ages &
fitness levels.



Boot Camp consists of cardio bursts &
strength training for an intense
workout you'll love to hate. Whether
you're in great shape or are looking to
get into great shape, you will leave this
class sweating. Modifications are made
for all fitness levels.



“Head to Tone” is a complete body
shaping and sculpting class that is less
intense and less cardio driven than
boot camp.

Classes will be meeting at the
George B. White Building's
“Studio-59” Health & Wellness
Room. Come in through the doors
between the police station and
Claire's Cuts.

Child Care
Available for the 6-7pm class
\$2 per child



For more information, contact:

Deerfield Parks & Recreation
PO Box 159, Deerfield, NH 03037
603-463-8811 x305

Email: parks@townofdeerfieldnh.com
Web: townofdeerfieldnh.com