

Early Morning

S.H.R.E.D

**S - Sweat
H - HIIT
R - Resistance
E - Endurance
D - Definition**

**BOOT CAMP
STYLE TRAINING
w/Tim Allen**



**Open to our Summit Members
and the General Public
No Gym Membership Required**

6 Week Group Personal Training Program...

...on Tuesday and / or Thursdays beginning October 17

On - going program, jump in any time to start your

six week program. 6:00 - 7:00 am

1 hour per week \$99 (6 hrs. of training)

2 hours per week \$186 (12 hrs. of training)

- Appropriate for ALL FITNESS LEVELS / Intermediate to Advanced
- Jump in at any time to start your 6 consecutive weeks of Group Personal Training
- Great team-building atmosphere and camaraderie
- Includes weekly, motivating, communications with your trainer



Ask for a complimentary trial hour!

Enroll at The Summit Member Service Desk



Check out Tim's biography and detailed program description on the flip side. This program will be performed on our NEW 20, 000 sq. ft. Fitness Arena!

Summit Fitness and Sports

2 Wisconsin Ave. Norwich Business Park on the way to Dodd Stadium

860-887-3591 www.summitfitnessandsports.com

PROGRAM DESCRIPTION:

Participants will get a full body workout consisting of a variety of explosive exercises. Various active equipment will be used such as medicine balls, tires, ropes, kettle bells, cones, speed ladders, hurdles, box jumps, etc. We will always warm up, take water breaks, and have an optional stretch at the end. This is an awesome way to start your day! You will leave workouts feeling refreshed and confident, ready to seize the day!



Tim Allen Biography

Tim Allen was born in Hartford CT, and raised in Salem CT. Tim grew up in a family of athletes. His dad Lou Allen Jr. was a full scholarship running back for the University of Connecticut. His older brother Lou Allen 111 was also a full scholarship running back for UCONN. His older sister Jessica Allen attended the University of Pittsburg on a full basketball scholarship. As an athlete at East Lyme High school from 2002-2006, Tim Allen did his part to follow in his family's footsteps. He was an All New England Outdoor track sprinter, and still holds the school record for the 400m dash with a time of 48.84 seconds. As a sophomore, he helped his team win the state championship in outdoor track and field. Even more impressive was Tim's' football career. As a sophomore, he scored the game winning touchdown to secure East Lyme's first ever State Championship. As a junior in 2004 he set the school record for rushing yards in a season with 2,012. That record remains. Tim's HS football career earned him a full scholarship to the University of Rhode Island, where he played in every game of his freshman and sophomore year as a wingback, before having a career ending knee surgery prior to his junior year. He graduated from URI in 2010 with a degree in Human Development and Family Studies. Tim Allen currently mentors and trains athletes in the Southeastern Connecticut region as Co-Founder of The Loyal Connection Inc. not for profit company, and the Loyal Connection Sports Academy.

Career Highlights:

- ◆ **2011 Assistant Football Coach St. Thomas More Prep School**
- ◆ **2011-2014 Intramural Sports Head Coach B.R.I.D.G.E.S**
- ◆ **after school Program Norwich, CT**
- ◆ **2015 Assistant Football Coach New London High School, CT**
- ◆ **2015-2016 Strength and conditioning Coordinator New London High School, CT**
- ◆ **2017 Co-Founder of The Loyal Connection Sports Academy**