

FITNESS BOOT CAMP

SIX WEEK PROGRAM—INSTRUCTED BY 2 CERTIFIED PERSONAL TRAINERS

Dates: April 5th-May 13th

(SIGN UP BY April 4th)

Days: Monday's, Tuesday's & Thursday's

Time: 5:30 am — 6:30 am

Cost for non - members: \$150.00 (includes all group exercise classes)

Cost for members: \$100.00

(must have a current 3, 6, or 12 month fitness membership as of (April 5th))

**Boot Camp is an indoor/outdoor fitness program specifically
designed to help you:**

1. Gain Strength
2. Lose Inches
3. Jump Start Your Metabolism
4. Build Your Confidence In a Supportive Team Environment
5. Work on Core and Posture Training, Cardiovascular Drills,
Weight Training, Plyometrics, Functional Training and agility.

We will be outside as much as possible.

Please dress according to the weather and have a good supportive sneaker.

This will set you on your way to improving your physical and mental well—being. In addition, you'll meet great people who share your same passion for acquiring a more healthy body and mind.

No one will be left behind or asked to complete more than they can do safely. Women and men of all ages and abilities are encouraged to participate. Each day's training will increase in intensity and duration.

Sign up at the front desk by April 4th.

Payment must be made at the time of sign up.

Call Tammy at 684-0260 ext. 16 for more information.

No Refunds will be given! Limited to 30 People!

