



EVENING BOOT CAMP

6 Week Program

Dates: March 25th-April 29th

Days: Monday's and Thursday's

Time: 5:30pm-6:30pm

Cost \$100.00

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

1. Lose Inches
2. Gain Strength
3. Jump Start Your Metabolism
4. Build Your Confidence In a Supportive Team Environment

With the class being limited to 15 people you will receive a lot of personal attention.

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. The few, the proud, being the best they can, it's not just a class it's an adventure, soar high for your next workouts!!!

**Sign up at the front desk by March 24th.
Call Tammy at 684-0260 ext. 16 for more information.**