



**SUMMERS ALMOST
HERE, YOU READY TO
WEAR THAT SUIT?
LET OUR BOOTCAMP
CLASSES HELP!**

**Lose Weight
Increase Energy
Tighten and Tone
Decrease Stress
Feel Great
Look Fantastic!**



CURRENT CLASS SCHEDULE

Monday: 5:30 am bootcamp Kevin	9:30 am bootcamp Mat
5:30 pm TRX Chris	
Tuesday: 5:30 am bootcamp Kevin	5:30 & 6:30 pm bootcamp Ron
Wednesday: 5:30 am bootcamp Kevin	9:30 am bootcamp Mat
5:30 pm bootcamp Mat	
Thursday: 5:30 am bootcamp Kevin	5:30 & 6:30 pm bootcamp
Ron	
Friday: 5:30 am bootcamp Kevin	9:30 am bootcamp Mat
5:30 pm bootcamp Ron or Mat	

**GET
RESULTS**

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RESULTS**

**First class is always FREE for new participants!!
WORK AT YOUR OWN PACE, KEY WORD..WORK!!
TELL YOUR FRIENDS**



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