

BOOT CAMPS

Looking for a serious total body workout?

Want to lose weight, get stronger or shape up?

This intense, individualized session is a motivating workout!

Sessions start the week of May 15th

Co-ed Boot camp

Mondays 7pm - Carol  \$108, No Class 5/29 & 7/3

Wednesdays 6-6:30pm - Carol  \$67.50 for 30 minute boot camp

Fridays 11am - Carol

Dudes Boot camp

Fridays 6:30am - Carol

These workouts will take place indoors and outdoors, weather permitting. Injuries and limitations will be considered.

Can't commit to 10 weeks?

Drop-in for an hour session is \$17
and a 30 minute session is \$8.50.

ONLY \$135
for 10 weeks!

\$109 for each additional
hour time slot or
\$55 for 30 minutes!



tel 503.287.0655
web nwwomensfitness.com
address 2714 NE Broadway
Portland, OR 97232

 **WOMEN'S
FITNESS**