

# 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!

## 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!



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 **WOMEN'S  
FITNESS**