

Spring 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  \$121.50 9 weeks, starts 5/7, no class 5/28

Wednesdays 11:30am-12pm - Carol  \$60.75 9 weeks, starts 5/9, no class 7/4

Thursdays 10am - Carol  \$135 10 weeks, starts 5/10

Dudes Boot camp

Wednesdays 6:30am - Carol  \$121.50 9 weeks,
starts 5/9, no class 7/4

These workouts will take place indoors and outdoors, weather permitting. Modifications will be made for injuries and limitations.

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**