

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 July 16th


Co-ed Boot camp

Mondays 7pm - Carol  \$121.50 9 weeks, starts 7/16, no class 9/3

Wednesdays 11:30am-12pm - Carol  \$67.50 10 weeks, starts 7/18

Thursdays 12pm - Carol  \$135 10 weeks, starts 7/19

Dudes Boot camp

Wednesdays 6:30am - Carol  \$135 10 weeks,
starts 7/18

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