

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 September 24th

Co-ed Boot camp

Mondays 7pm - Carol

Wednesdays 11:30am-12pm - Carol ← \$67.50 10 weeks, starts 9/26

Thursdays 12pm - Carol ← \$121.50 9 weeks, starts 9/27, No Class 11/22

Dudes Boot camp

Wednesdays 6:30am - Carol

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
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