

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 December 3rd

Co-ed Boot camp

Mondays 7pm - Carol

\$108 8 weeks, No Class 12/24, 12/31

Thursdays 12pm - Carol

Dudes Boot camp

Wednesdays 6:30am - Carol

ONLY \$135

for 10 weeks!

\$109 for
each additional
hour time slot!

*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.

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WOMEN'S
FITNESS