

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 One Hour Boot camp

Mondays 6:30am - Starts 4/29 with Sarah

\$121.50 9 weeks, no class 5/27

Mondays 7pm - Starts 4/29 with Carol

\$121.50 9 weeks, no class 5/27

Thursdays 12pm - Starts 4/25 with Carol

Dudes One Hour Boot camp

Wednesdays 6:30am - Starts 4/24 with 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.

tel 503.287.0655
web nwwomensfitness.com
address 2714 NE Broadway
Portland, OR 97232

WOMEN'S
FITNESS