

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

Thursdays 12pm -
Starts 2/13 with Carol

Dudes

One Hour Boot camp

Wednesdays 6:30am -
Starts 2/12 with Kaila

ONLY
\$135
for
10 weeks!

Minimum of three people per 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