

FREE DRAWING!

*SIGN UP TO WIN A FREE
MONTH OF BOOT CAMP!
SECOND PLACE DRAWING
WILL WIN TWO WEEKS
FREE!!
START THE NEW YEAR OFF
RIGHT!*



Boot Camp IS HERE!

3 days a week x 4 weeks

Times:

Monday/Wednesday 6:00 pm & Saturday 8:00 am

Tuesday/Thursday 8:30 am & Saturday 8:00 am

Boot Camp consists of:

- Functional training
- Reactive training
- Plyometrics
- Core conditioning
- Balance/flexibility exercises
- Interval training
- Stability training
- And more!



CHANGING BODIES, ONE REP AT A TIME

All Boot Camp Participants get 50% off enrollment fee!!!

Some Restrictions Apply