



Spa 23 Certified Personal Trainer
Chris Nigrone
Teaches the Spa 23 Boot Camps.

Fast~Fit~Fun BOOT CAMP

4 Week Mini-Session Recruits Wanted

This 4 week program is taught by
Spa 23 Certified Personal Trainers
who combine cardio & strength training
incorporating body bars,
resistance bands, steps, balls and MORE.

GET FIT! DO it FAST! & Have FUN!

Great for men and women.

Enlist Today

Wednesdays 8:00-9:00pm

Meets 9/1, 9/8, 9/15, & 9/22

Cost per course: VIP Members \$59 / Non-members \$79

Drop in: VIP Member: \$20 Non-member \$25



Personal Trainer, Chris Nigrone, is an exercise physiology major . He combines his experience as a personal trainer with his education to bring you a program that WORKS! Start your transformation NOW!

