

RESULTS!



BOOT CAMP

6 WEEKS: GET IN SHAPE!

Train 1 or 2 times a week & get into shape FAST!

Burn calories all day long!

**Work in a group environment with a
Certified Personal Trainer**



RESULTS GUARANTEED!

MONDAY 8:00-9:00PM

Begins January 16

FRIDAY 4:55-5:55PM

Begins January 20

WEDNESDAY 8:00-9:00PM

Begins January 18

SATURDAY 11:00-12:00PM

Begins January 21

Cost: VIP Members \$89 / Non-members \$119

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

Get Fit Faster with special pricing:

Take two classes and save!

Members: \$159 Non-members: \$199

Spa 23
Health & Racquet Club