



GET FIT FAST



BOOT CAMP

6 Week Sessions

Recruits Wanted

These 6 week programs are run by a Spa 23 Certified Personal Trainer, who combines cardio & strength training incorporating body bars, resistance bands, steps, balls and MORE in a Circuit training group environment.

GET FIT! DO it FAST! & Have FUN!

Make this class your New Year's Resolution!

GREAT FOR MEN AND WOMEN

MONDAY 8:00-9:00PM

Course #108 Begins 1/24

WEDNESDAY 8:00-9:00PM

Course #124 Begins 1/19

FRIDAY 4:55-5:55PM

Begins 2/4

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

