



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

Fast~Fit~Fun BOOT CAMP

Recruits Wanted

Spring Session

These 8 week programs are 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

Course #134 Sundays 11-12 noon begins 4/11

Course #104 Mondays 8:00-9:00pm begins 4/12

Course #114 Wednesdays 8:00-9:00pm begins 4/14

Cost per course: VIP Members \$119 / Non-members \$159

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

Take more sessions and get into shape that much faster

special price for two classes weekly:

Member \$209 / Non-member \$289

Save \$\$! special price for three classes weekly:

Member \$299 / Non-member \$399



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

