



Get your workout
done before the
end of the day!!!

Boot Camp

Downtown

Avoid mid-day slumps, rev-up your metabolism, & make the most of your lunch hour with our 2008 downtown boot camp blast class! Be prepared to burn fat, tone your muscles, and blow off some steam in our effective fast paced workouts. So go ahead and enjoy the sunshine, define your abs , arms and legs just in 50 minutes flat.

MONDAY, WEDNESDAY, & FRIDAYS

- ✓ Reduce overall stress levels.
- ✓ Increase productivity.
- ✓ Increase mental clarity.
- ✓ Reduce sick-days.
- ✓ Increased mid-afternoon energy
- ✓ Increase self confidence and self image.
- ✓ Build physical/mental strength and endurance.



Cost: \$199.99 Starts: June 30th Central Downtown Location

380-6947

Lunch Hour