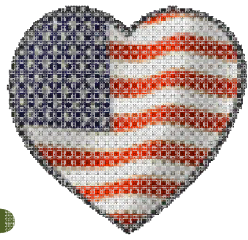

OLDE ROPE MILL PARK – BOOT CAMP

July 6th 2009 – July 31st 2009

Mondays, Wednesday & Friday

Morning: 9:00-10:00 AM * Evening: 6:30-7:30 PM

4 Weeks to show yourself what you're made of!

The 4 week Boot Camp is designed to focus on strength, endurance, & fat loss, in a motivating group atmosphere. A variety of challenging workouts will push you beyond what you thought you were capable of and leave you feeling fired up!

Benefits:

• Increased strength & flexibility • Improved endurance • No boring "dread mill" • Look great in jeans & in the mirror • Measurable results • Variety & challenge • More energy; less stress

What to expect:

• Fitness Assessment • Basic Nutrition guidelines • Interval training • Circuits • Kettle bells • Kickboxing • Agility Drills • Team challenges • Functional training • Positive peer pressure

4 Week Program:

3 Days per Week: (12 sessions) $129.

Corporate, City Employee & CCBOE Employee: $119.

LOCATION: OLDE ROPE MILL PARK
690 ROPE MILL ROAD
CONTACT: Tina McKnight CPFT
770-714-5206 • xrsize@bellsouth.net

SIGN UP TODAY AT:
www.trainerforce.net/bestfit