

BEACH BODY BOOTCAMP IS HERE!

7 Benefits

of
a unique blend of:

Burn 100's of Calories

Reduce Body Fat

Firm and Tone the Entire Body

Increase Lean Muscle

Increase Strength and Endurance

Improve Metabolic Output

Increase Athletic Performance

Agility, Plyometrics, Endurance, and Resistance Exercise

SPACE IS LIMITED - RESERVE TODAY!

WHEN

Tuesdays and Thursdays @

9:30AM-10:30AM

Saturdays @ 9AM - 10AM

WHERE

La Jolla Cove

COST

\$15 DROP-IN

OR

PRE-PAY 4 SESSIONS \$55

"As a busy wife and mother of three I found it difficult to stay fit and healthy. Since doing the Beach Body Boot Camp, I've lost 30 pounds, and I went from a size 8 to today wearing a size 3-4. I am in the best shape of my life."

Beth Steigerwalt
Age 46

"After college and playing competitive sports for most of my life I found it difficult to stay in shape since joining the workforce. Since training with Beach Body Boot Camp, I'm back to my athletic body and look and feel as good as I was in college."

Garr Stephenson
Age 35

CALL (858) 405-6184 FOR INFO