

BEACH BODY BOOTCAMP IS HERE!

7 Benefits of a *a unique blend of:*

Agility, Plyometrics, Endurance, and Resistance Exercise

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

SPACE IS LIMITED - RESERVE TODAY!

WHEN

Saturdays @ 9:00AM-10:00AM

WHERE

Linda Lane at the Grassy Knoll

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