



Boot Camp Training Program-Spring/Summer **Great for Beginners – Tailored for Advanced**

Give yourself eight weeks and see how much your body can change! If you are currently inactive or want to increase your fitness, this program is for you! Increase your energy, muscle tone and lose inches.

Program includes:

- Pre- and post-fitness assessment
 - Cardio conditioning
- Strength/endurance conditioning
 - Flexibility training
- Indoor and outdoor activities (weather permitting)
- Healthy eating reinforcement and journal options
 - T-shirt for completion, awards/prizes
 - On-line program support & materials

Kiewit-Fitness Center

Program Begins June 3rd -July 24th -(8 week sessions)

(Open to employees of Kiewit and Berkshire Hathaway)

Tuesday & Thursday-5:30pm-6:30pm

Cost: \$150.00

Registration begins April 28th

(Payment may be made by check, cash or Visa/MasterCard

(Payable to Fit In The City)

Payments may be completed at www.fitinthecity.com

(Processed registrations are subject to a 25.00 cancellation fee)