



**Boot Camp Training Program
June 2-July 28-8 week session
Indoor & Outdoor Training**

Offered by Fit In The City

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, tone-up muscles and lose inches.

Program includes:

- Pre- and post-fitness assessment
 - Cardio conditioning
- Strength/endurance conditioning
 - Flexibility training
- Healthy eating reinforcement and journal
 - T-shirt for completion, awards/prizes
 - On-line program support & materials

Woodmen of the World Fitness Center

Tuesday & Thursday -6:00-7:00 am

Cost: \$150.00

Registration begins May 12

(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)

No refunds once boot camp is in session.

(No class on July 3)