

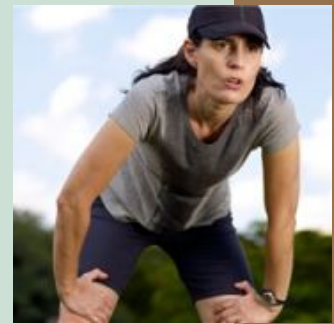
BOOTCAMP

JANUARY 9– APRIL 27, 2012

ARE YOU READY TO GET STRONGER AND FASTER?

BootCamp will challenge your body with 60 minutes of cardiovascular, muscular strength, flexibility and balance training by using a variety of exercises such as running, skipping, free weights, squats, lunges, core and agility training. BootCamp is unpredictable—it changes all the time! Wake up your body and see what you can make it do! If you're looking for a great workout then this class is a must for you!

YOU HAVE ONE MORE REP IN YOU!



BOOTCAMP

**MONDAY/WEDNESDAY/FRIDAY
1000 - 1100**

COME JOIN US THREE DAYS A WEEK FOR A GREAT WORKOUT! OR JUST DROPPING IN? WE'D LOVE TO HAVE YOU - COME PREPARED TO WORK!!

INSTRUCTOR: ANDREA FAHLMAN



Fitness Class Prices

Military no charge

Drop In:

CRA Member \$2.50

Non Member \$5.00

10 Punches:

CRA Member \$18.00

Non Member \$40.00

20 Punches:

CRA Member \$30.00

Non Member \$80.00



NO EXCUSE

MINIMUM 3 PARTICIPANTS