



# **BOOTCAMP IS BACK!**

## **NOW IS THE TIME TO GET IN SHAPE FOR SUMMER**

**A knockout workout! This high intensity class will use jump ropes, weights, calisthenics and other equipment to bring your fitness to the next level! Each week will be different.**

**NO GUTS NO GLORY IN THIS TOTAL BODY  
WORKOUT.**

**SUNDAY'S 9:30AM - 10:30AM  
(5 WEEKS)  
CALL FOR CURRENT SESSION**