



# Commit To Be Fit FITNESS BOOT CAMP

**Starts  
October  
12  
6 weeks!**

Join us for a group personal training program where you'll get high energy, fun, and challenging workouts designed to train your entire body in only 60 minutes. You will receive professional instruction where our coaches will take the time to educate, demonstrate, and motivate. You will find a dynamic group setting which is fun, motivating, challenging AND it keeps the cost of working with a certified personal trainer affordable compared to private one-on-one sessions. 3 classes per week for 6 weeks.

### Our Fitness Boot Camp Includes the Following.

- A small dynamic group environment
- Initial fitness assessment & retest
- Cardiovascular training
- Plyometrics
- Flexibility and mobility training
- Strength building
- Core Strength
- Interval Training
- Partner Exercises
- Obstacles Courses
- Teamwork & support

**Early AM FIT**  
Meets Mondays  
& Wednesdays  
6:00-7:00 am  
& Sat 7:00-8:00 am  
CBF210  
CBF210B

**Fees:**  
Members: \$68 per session  
General Public: \$120  
per session  
  
Register at our  
Member Services Desk  
**THIS PROGRAM IS LIMITED TO  
15 PARTICIPANTS  
PER SESSION**

**Limited spots  
Sign up  
Today!**