



Presents...

Fit Camp!

with Jody Schwartzentruer

Commit to your New Year's Resolutions with group of people who share the same interest! Rev-up your energy, shed those extra pounds, tone and strengthen your body with us at **Fit Camp!**

Join us every **Tuesday and Thursday** morning **7:00am-8:00am** to get in shape and look great with this total body workout!

Classes are from Jan. 06th to Feb. 05th.

5 weeks/10 sessions

Valley Health and Fitness Members:

10 sessions - \$50 or \$5.50 Drop In

Non-Members:

10 sessions - \$95 or \$10.50 Drop In

Register Early to ensure your spot!



This Fit Camp is designed to suit all fitness levels...exercise at your own pace- but still break a sweat.