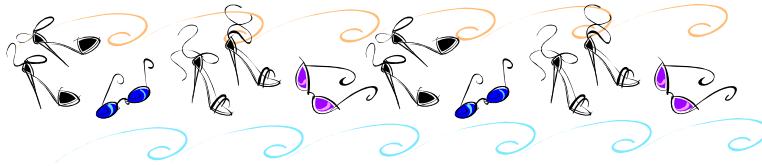




THE "LAST 10" BOOTCAMP

WEDDING, ANNIVERSARY, VACATION



IS YOUR SPECIAL EVENT COMING UP?

**ARE YOU HAVING TROUBLE WITH THOSE
LAST NAGGING TEN POUNDS?**

WE CAN HELP!

**FOR SIX WEEKS,
FIVE DAYS A WEEK YOU WILL RUN,
HIKE, SPIN AND DROP AND GIVE US 20.
TIME TO STEP OUT OF YOUR COMFORT
ZONE AND SEE RESULTS!**

**START DATE:
SUNDAY SEPT 21, 2008**

**COST:
\$199 MEMBERS
\$249 NON MEMBERS**

COME IN AND REGISTER TODAY!

BACK BY POPULAR DEMAND



“LAST 10” BOOTCAMP”

Sept 21-Oct 31 2008

CLASS SCHEDULE

MONDAY	7:15 - 8:15 PM @ GYM
TUESDAY	6:30 -7:30 AM @ GYM
THURSDAY	6:30 - 7:30 AM @ COBBLE HILL
MTN	
FRIDAY	6 - 7 PM @ GYM
SUNDAY	8 - 9AM @ COBBLE HILL MTN



Reservation with payment.

Program includes: Fitness assessments (before, during & after), Food Journal, T-shirt.