

BACK BY POPULAR DEMAND



“LAST 10” BOOTCAMP”

May 12 – June 20, 2008

CLASS SCHEDULE

MONDAYS	PM	7:15 - 8:15	GYM
TUESDAY	AM	6 - 7	GYM
WEDNESDAY	PM	6 - 7	COBBLE HILL MTN
THURSDAY	AM	6 - 7	GYM
FRIDAY	AM	6 - 7	COBBLE HILL MTN
FRIDAY	PM	6 - 7	GYM



Reservation with payment



**Price: \$199 plus GST. Program includes: Fitness assessment,
Before & After Measurements, Food Journal, t-shirts
*Prizes from Shawnigan Lake Spa.***