

LOOK **FABULOUS** THIS HOLIDAY SEASON.



HOLIDAY COMBAT BOOT CAMP STARTS MONDAY OCTOBER 10TH!

Don't let the TEMPTATIONS
of the holidays DESTROY all you've worked for. Stay on track
with our HOLIDAY COMBAT BOOT CAMP
Statistics show that Americans can gain as much as **15 pounds**
over the holidays...don't be one of THEM!!

**Stop by the front desk to sign up or
ask for more information.**

10 WEEKS

OCTOBER 10—DECEMBER 17TH

MONDAY—FRIDAY 5:30—6:30AM

ALL FITNESS LEVELS WELCOME.

