

# POWER

# BURN

# BOOTCAMP

2010

With Devon

Members \$160 for all 8 sessions / drop in \$25

11:30AM - 1PM SAT'S

Saturday's Only..... Feb 6 – March 27<sup>th</sup>.....

- 1. Cardio Boxing-mitts and gloves
- 2. Power Weights
- 3. Fitness Endurance
- 4. Team Play
- 5. Jumping Jacks
- 6. Ab labs / push ups

Non-Members \$175,/ or drop in \$30

And more Stuff.....

SIGN UP AT THE FRONT DESK.....