

BOOT

Adam



CAMP

Whitlach

New Sessions!

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4 week sessions begin July 7!
Circuit training, kickboxing, functional training
& sport specific training

Limited to 6-8 participants
Tuesday & Thursday
10 am - 11 am & 7:40 - 8:40 pm
\$100/member \$135/non-members

*Not a group fitness class but a fitness program
Signing up with a partner is recommended*

For individuals looking to reach the next level*
Held in group fitness room, outdoors, and tennis courts

*not recommended for clients with major injuries or physical limitations