



It's that time for our next session of Boot Camp! We are so proud of all of you who finished our last challenge! You all finished strong! If you haven't already scheduled your body composition testing with me, please text me! (951) 587-1117.

This next month we are running a special!! If you bring a new friend, their session will be half off. \$55 for all 15 classes! The only thing extra they would need to purchase would be a jump rope and a pipe roller if they do not already have one. Give someone this gift of fitness!! Class will begin at 9:15 am and go to 10:15 am. Here are the dates:

**August 8, 10, 12, 15, 17, 19, 22, 24, 26, 29, 31**

**September 2 (\*Holiday Workout\*), 7, 9, 12**

**\* Typically, holiday workouts are much more difficult, but all fitness levels can still participate. The workout will be tailored to your current level.**