



NEW TUFF BOOT CAMP

A Great Way to Get FIT!

1/5/09

**New Year. New Tuff Camp.
What are you waiting for?**

6 week program • 18 Camp Sessions
Held on MWF at 5:30am-6:30am

This is not your normal workout! **TUFF BOOT CAMP** will focus on functional strength & conditioning using a variety of exercises selected to improve balance, coordination, speed, agility and stamina. Each workout is designed to enhance cardiovascular conditioning while promoting muscular development.

TUFF BOOT CAMP will feature Body Assessment and nutritional guidance to help you reach your personal fitness goals!

You made the resolution. Join

TUFF BOOT CAMP

and get the results!

**EMAIL
TODAY**

**CHECK
SITE**