

# ~2019~



<u>PROGRAM</u>	<u>DATE</u>	<u>SCHEDULE</u>	<u>COST</u>	<u>OPTIONS</u>
<b>Fall Boot Camp</b>	Sept 3—Oct 11 <i>*(6 weeks)</i>	MWF @ 6:00am  <u>Running Club</u> Tues @ 6:15am	\$150*	<i>*(6 weeks)</i> 2x/week = \$100 3x/week = \$125
<b>Strength Session</b>	Oct 14—Nov 22 <i>*(6 weeks)</i>	MWF @6:00am	\$125*	<i>*(6 weeks)</i> 2x/week = \$100
<b>Holiday Blitz</b>	Dec 2—Dec 20 <i>*(4 weeks)</i>	MWF @ 6:00am	\$60*	<i>*(3 weeks)</i> 2x/week = \$50
<b>January Boot Camp 2020!!</b>	Jan 6—Feb 14 <i>*(6 weeks)</i>	MWF @ 6:00am	\$125*	<i>*(6 weeks)</i> 2x/week = \$100

\*\* Be sure to sign up early as space is limited.

Go to [Contact Us](#) or Call **318-3035** or **318-4782**