

ANIMAL FITNESS

MARTIAL ARTS & FITNESS

1897 S. PATRICK DRIVE
INDIAN HARBOUR BEACH, FL

*Get Healthy and Fit
for Summer!*

8-Week

SUMMER BOOTCAMP

May 1st - June 27th

PROGRAM INCLUDES:

- 4 BOOTCAMP CLASSES/WEEK
- ACCESS TO ONLINE SUPPORT GROUP
- FREE ANIMAL FITNESS T-SHIRT
- FREE FITNESS JOURNAL
- NASM CERTIFIED PERSONAL TRAINER AS INSTRUCTOR

AF
ANIMAL FITNESS

BOOTCAMP PROGRAM

\$85.00 / MONTH

CLASSES INCLUDES:

- **WEIGHT & RESISTANCE TRAINING**
- **COMPETITION STYLE FITNESS GAMES**
- **INDOOR SPINNING**
- **TABATA, AND HIIT EXERCISES**
- **CARDIO KICKBOXING**
- **BEACH DAY CLASSES**

OUR BOOTCAMP PROGRAM WILL HELP YOU:

- **LOSE WEIGHT & GET FIT**
- **STAY IN SHAPE**
- **BUILD CONFIDENCE**
- **HAVE FUN WHILE EXERCISING AND ENJOY DIFFERENT EXERCISES EACH WEEK**
- **BE PART OF OUR FRIENDLY BOOTCAMP COMMUNITY**

SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:15PM	BOOTCAMP CIRCUIT	BOOTCAMP SPIN	BOOTCAMP CIRCUIT	BOOTCAMP SPIN

SIGN UP



[HTTPS://ANIMAL-FITNESS.GYMDESK.COM/SIGNUP](https://animal-fitness.gymdesk.com/signup)