

OUTDOOR BOOT CAMP



Slim Down and Tone Up with Outdoor Boot Camp Workouts

Forget limiting yourself to a repetitive fitness routine.

With a variety of styles and training methods, there's no boredom allowed during these fun, challenging boot camp workouts!

- Benefit from added accountability and nutritional guidance
- Build strength, endurance, core and balance
- Burn up to 600 calories each class
- Drop up to 16 lbs. in eight weeks

Get a **free** class with this pass!

Choose your day/time and location (schedule and locations available online) and RSVP at jennifer@evolvefitnessandcoaching.com.

Bring the pass with you to class.

BONUS!

Save 25% on a four-week
package (valued at \$180)

Use coupon code
BOOTCAMP25