



OUTDOOR BOOT CAMP

BEGINS
April 5th!

Registration: March 22-April 2nd

Looking to Jumpstart your Fitness Program?

Outdoor Boot Camp training focuses on getting you the results you want – a fit, toned body. Whether you are a beginner, an avid fitness enthusiast, or just tired of the same old routine, come try this completely fun approach to exercise! Sessions are packed with fun and energizing activities designed to help you reach your fitness goals. Whether you want to lose weight, tone up, increase strength and stamina... or just feel your best again, this program is for you!

Four-week course • Led by Wellness Center Personal Trainers

Tues/Thurs at 7am • Mon/Fri at 9am • Tues at 4:30/Sat at 10am

Cost: \$50 for Wellness Center members and EJGH Team members, \$60 for non-members

Call the Wellness Center at 503-6868 for more information or to register!

