

BOOT CAMP

NO EXCUSES

Kids are back in school, the summer rush is over...it's time to get your body back, feel better and get strong!

MOTIVATION • INTENSE INSTRUCTION • GROUP SUPPORT • LOSE FAT • GAIN MUSCLE

Lose Inches and Body fat - Tone Muscle - Gain Strength - Increase Confidence!

Urban Health and Fitness' Boot Camp is a six week indoor/outdoor fitness program that brings fitness instruction and motivational training together in a fun filled, activity packed workout!



Don't Sweat The Heat -
On Hot Days We'll Be Inside

**BEGINS
SEPTEMBER 7TH
SIGN UP TODAY**

6 Week Camps

3 Day a Week Camps

Mon./Wed./Fri.

5:30AM - 6:30AM or 8:30AM - 9:30AM

\$225 Boot Camp

\$275 With Body Composition & Meal Plan

2 Day a Week Camps

Tues./Thurs.

12:15PM - 1:15 PM or 6:45PM - 7:45PM

\$200 Boot Camp

\$250 With Body Composition & Meal Plan

*no prorating of fees



URBAN

Health & Fitness

BOOT CAMP

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All Ages* and Fitness Levels Welcome

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•16 Years And Older