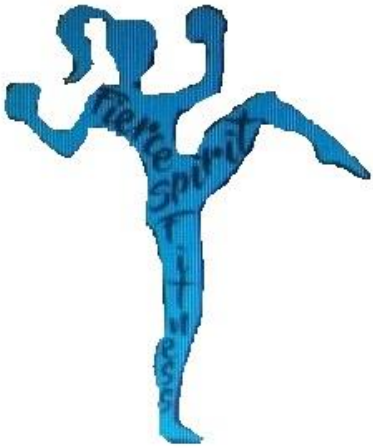


FIERCE SPIRIT FITNESS

LADIES BOOTCAMP



Multilevel classes, focusing on strength training, flexibility, toning, cardio, endurance, core strength and meditation. A schedule that works all areas of the body throughout each week with a mix of exercises. Every class is different.

HOLIDAY SESSION BOOTCAMP:

November 10 - January 5 2018

AT THE BESSIE ROWELL COMMUNITY CENTER

12 Rowell Drive, Franklin

Monday-5:30-6:30am

Tuesday-6:00-7:00pm

Wednesday-5:30-6:30am

Thursday-5:30-6:15pm

A couple Friday workouts during this session 5:30am

Saturday-7:00-8:00am

Sunday-8:30-9:30am

Pricing-

Early sign up rates if you sign up by November 4th. After the 4th prices go up.

- \$160 - Unlimited workouts for session (\$4 a workout)
- \$70 - Punch card for ten workouts (\$7 per workout)
- \$1 per indoor workout charge that goes directly to the Community Center.
- I'll have an envelope at each workout.

First class always free. If you refer a friend and they sign up for the Holiday session you will earn 10% off your unlimited package or 2 free punches on your punch card for the Holiday session.

FOR MORE INFORMATION CONTACT JEN ADAMS AT

fiercespiritfitness@gmail.com