

[UNDERWOOD'S BOOTCAMP]

2018 Registration Now Open

*Do you want a comprehensive, motivating and fun approach to fitness?
Then join Boot Camp, Zumba, Tabatha, or any class at Underwood's Sports & Fitness.*

Every week, every class is different, always keeping you and your body guessing and therefore making those physical changes you want to see. You will get stronger, more flexible, and fit. If you're looking for weight loss, that too! You will meet some great people, learn tons of new things, and see results! You will work hard. You will work focused. You will work strong. You will work together. You will NOT get bored.

Schedule for classes:

Monday	5:30	Boot Camp
Wednesday	5:30	Zumba Dance & weight training or HIIT
Thursday	5:30	Boot Camp

Saturday morning class to be determined each week.

Cost for 8 week Session:

2x per week - \$160.00

1x per week - \$88.00

Drop in anytime \$12.00 per class without signing up
Signing up will hold and reserve your spot for the session

Here's what some of the women are saying about classes

"I knew from the first time that I spoke to Vanessa that I was making the right decision for myself by becoming part of her boot camp family. All of the ladies were so warm and welcoming. Never once did I feel intimidated. Vanessa is very motivating and inspires you to push yourself and work hard while always listening to your body. The work outs are always different so you never get bored. You will literally see your body transform" JM

"I was hesitant to try the boot camp class, but I loved it the first night. The women are supportive and friendly. The workout is a new challenge each day!" KC

"I feel stronger, more motivated, stamina has increased, weight is dropping. Vanessa is a true professional. She has a passion for fitness and the people she works with and her knowledge is second to none." ML

"In all of the years I have been attending boot camp I have never done the same workout twice. Vanessa keeps things fun while kicking your butt at the same time. She is a master at combining strength, endurance, and flexibility in intervals."

"I knew from the first time that I spoke to Vanessa that I was making the right decision for myself by becoming part of her boot camp family. All of the ladies were so warm and welcoming. Never once did I feel intimidated. Vanessa is very motivating and inspires you to push yourself and work hard while always listening to your body. The work outs are always different so you never get bored. You will literally see your body transform" JM

If you don't take care of yourself, where will you live?

Vanessa Underwood, CSCS, AFAA, CPT

Cancer Exercise Specialist

Wellness Consultant - Motivational Speaker

603 382-7460 fitnessa@aol.com