

“TEAM WORK MAKES THE DREAM WORK”

BOOT CAMP ONE

is for all of you who have wanted to try it, but thought it sounded very intimidating. This class is for you. This class will get your mind and body in shape and give you the motivation you need to attain your goals and beyond. We work together to motivate one another and push past our goals.

If you are ready to challenge yourself, get out of your comfort zone and feel empowered, then this is for you. No matter what your fitness level is, you can do this. I will work with you to help you achieve your goals and then some.

Enjoy the small group training, the camaraderie of other women and the fact that you are doing something you always wanted to do, or didn't want to do 😊

I promise you will feel great!

One of your goals can be to participate in the Lozilu Women's Obstacle Course this summer.

Call me or email with your interest

BC1 will begin on Tuesday February 4th at 5.30 pm

BC2 (for those already attending) will begin on February 10, at 5.30 pm