

Luxton Community Centre

Fit-n-Firm Fitness

8 Week Boot Camp

**HAS THE LONG WINTER GOT YOU DOWN AND YOUR WEIGHT UP?
JOIN OUR 8 WEEK BOOT CAMP AND GET BACK INTO SHAPE!**

- Designed for ALL FITNESS LEVELS
- Fun, Friendly and inviting community of great people
- Full body workouts that always change! You never get bored!
- Camp sessions combine specialized workouts with a total-body assessment, including before and after pictures.
- Strength training and cardio exercises to create an intense workout.
- This is the Quickest, Easiest and Most Fun way to JUMP START your fitness and weight loss goals.

- April 14, 2015 - June 4, 2015 7:00pm every Tuesday & Thursday
- Register today! Call Raffaella @ (204) 479-2448
- 8 Weeks for \$80.00 or \$5.00 each class

*Weight loss results may vary depending on individuals.