



**With classes 7 days a week...
there is a Boot Camp for YOU!**

FALL SCHEDULE *for* ADULT BOOT CAMPS

M+W+F @ 6am
M thru F @ 9am
M+W+F @ 12pm
M + W @ 7pm
T + Th @ 6pm
Sat @ 9am
Sun @ 9am & 12pm

Times subject to change based on attendance.

\$7 per class/per person - pay as you go

❄️ BOOT CAMP SPECIAL ❄️

\$250 for 1 person UNLIMITED from August 25th thru Dec 25th
\$450 for 2 people (\$50 savings) UNLIMITED from August 25th thru Dec 25th

*Don't miss out....Good for the first 25 to sign up by August 25th!
Remember Fitness is for Members Only*

FALL SCHEDULE *for* KIDS BOOT CAMPS

T+Th @ 4pm
Sat @ 11am

Times subject to change based on attendance.

***FREE to members children old enough to utilize fitness.
Adult must remain in Fitness with those 12-17 years old.***

↓ *Flip Over for more Specials & Info from Dwayne* ↓

❁ PERSONAL TRAINING SPECIAL ❁

12 visits for \$360

20 visits for \$500

❁ Visits can be shared with a family member or work-out buddy! ❁

Message From Dwayne

Members I am working to offer the following concepts...
please watch for details coming in the near future
or feel free to contact me with questions or ideas!

- ❁ Triathlon Boot camps - Weekend before Pool Closes
 - ❁ Women's Only Boot camps
 - ❁ Men's Only Boot camps
 - ❁ Challenge Boot camps
 - ❁ Beginner Boot camps
 - ❁ Women's Butts & Gluts
 - ❁ Body Sculpting Boot camps
- ❁ Mitochondrial Bundling for Men
- ❁ Free Women's Seminars on Fitness
- ❁ Free Men's Seminars on Fitness
 - ❁ Bi-Weekly Body Testing
- ❁ Biggest Loser (Winner) Contest
 - ❁ Rehab & Injury Prevention
 - ❁ Small Group Training

QUESTIONS?

Dwayne Carr

Fitness Instructor

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THE
Signature Club
of LANSDOWNE