



Starts August 17- Ends Sept. 9

Tues-Thurs 6:00-7:00 pm

Benefits from Boot Camp

Improvements to self-confidence, image and overall body composition

Pre and Post evaluations to monitor progress

Loss of inches and body fat

More toned arms, legs and mid-section

For only \$120 for 5 weeks of fun, energizing activities designed to help you reach your fitness goals. Just bring a yoga mat or towel, 2, 3, or 5 lb hand weights, rubber resistance bands, jump rope, and a positive attitude.

Contact- Aaron Houchin, CPT 334-714-5113 or
ahouchin@huntingdon.edu

Special!! Get a friend to sign up pay only \$100