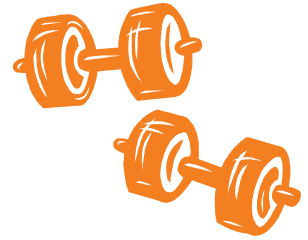


For all of you **NOT** wanting to work out at 5am... **YOUR** total-body workout program is here!



Tammie's After Work Boot Camp



April 6—June 1

Mondays and Wednesdays

5:30pm—6:30pm SHARP



**ONLY \$175.00 for all 16 sessions
(\$195.00 for non-members)**

Get a **TOTAL** body workout with pushups, sit-ups, cardio, power metrics, kick boxing, weight training, extreme blast, and other **HEAD** to **TOE** workout techniques!

For 2 months, get this amazing workout **PLUS** have your diet monitored and your fitness assessed by Tammie!



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