

Fitness Boot Camp

A fun and challenging 4 week total body fitness program designed to deliver maximum results.

*6:00-7:00 Weekdays
10:00 Weekends
Fidalgo Pool in the gym
www.DonSpurling.com*

Session 1	Session 2	Session 3	Session 4
12/10 Thursday	1/13 Wednesday	2/11 Thursday	3/8 Monday
12/14 Monday	1/15 Friday	2/13 Saturday	3/10 Wednesday
12/17 Thursday	1/18 Monday	2/15 Monday	3/12 Friday
12/21 Monday	1/20 Wednesday	2/18 Thursday	3/15 Monday
12/23 Wednesday	1/22 Friday	2/20 Saturday	3/17 Wednesday
Merry Christmas	1/26 Tuesday	2/22 Monday	3/19 Friday
12/28 Monday	1/28 Thursday	2/24 Wednesday	3/22 Monday
12/30 Wednesday	2/2 Tuesday	2/27 Saturday	3/24 Wednesday
Happy New Year	2/4 Thursday	3/1 Monday	3/26 Friday
1/04 Monday	2/6 Saturday	3/3 Wednesday	3/30 Tuesday
1/6 Wednesday	2/9 Tuesday	3/5 Friday	4/1 Thursday
1/8 Friday			
1/11 Monday			

Boot camp fitness is a full body strength training and cardiovascular exercise program. Anyone can join, the pace is set by the instructor as a goal only, you pace yourself as you improve (which you will). The class is in a group setting with no yelling or screaming, you will be motivated to do your best however. If you have a specific injury or discomfort while performing the routines, we can find alternative exercises to meet your needs.

If you want to see total body results in a short amount of time, this is for you!

The cost is \$100 per session (11 classes)
Contact info: 3600770-0390
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