



Alicia Brunson,
Personal Trainer

360.630.7147

www.aliciasfitcamp.com

Alicia'sFitCamp

Find the Fit in you!

What: A bootcamp style workout class to help men & women fight obesity, improve overall fitness levels, and increase self-esteem and confidence so they can live life to the fullest and enjoy every day with their families.

When: Monday, Wednesday, Friday; 9:30-10:30 a.m. New recruits welcome to join on any Monday!

Where: Fidalgo Pool and Fitness Center (on 22nd St.)

See website for prices and how to get your free sessions!

Contact me today!