



TrainResistance Exercise (TRX) Boot camp is a combination of endurance and strength training to improve flexibility, balance, and core stability. Train your entire body!

- Body Fat analysis and nutritional guidance
- Burn calories, decrease fat, build muscle
- Motivation and Accountability
- Low Impact/High Intensity

**6 WEEK TRAINING CAMP / 18 SESSIONS**

**Camp A - Tues & Thurs 6:00a – 7a Saturday 9a – 10a**

**Camp P - Mon & Thurs 5:30p – 6:30p Saturday 8a – 9a**

**RESERVE YOUR SPACE NOW!! CLASSES START**

**JANUARY 16th**

**Call for details @ Better Body's Fitness – 339-0118**

