

Get back to school or back to

BODYFIT BOOTCAMP

Our sessions are split into the following options:

Mon/Wed/Fri @ 5:30 am

Mon/Wed/Fri @ 10:15 am

or

Tue/Thur @ 8 pm & Sun @ 9 am

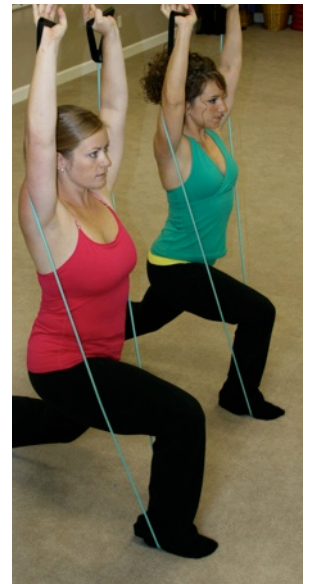
dates:

September 12 - October 8

October 10 - November 5

November 7 - December 8

(we will be canceling classes Wed-Sun of Thanksgiving weekend)



**Cost is \$199 for 4 weeks,
\$379 for 8 weeks or commit to
12 weeks for only \$559!**

Join Personal Trainer Bev Cooper for some fun (& challenging) "bootcamp" style workout segments. During these segments, you will work on core, multi jointed exercises that take your heart rate from low to high and high to low for an interval training session that will keep your muscles guessing and is sure to produce great results! Bootcamp is suitable for all fitness levels, gender & ages. Please be sure to wear supportive shoes & clothing, and bring a water bottle.

plus get more!

★1 FREE Nutritional Seminar

Bev will also introduce you to a health plan where she will teach you how you can avoid weight gain through Nutritional Cleansing & how focusing on what you eat will impact how you feel & how healthy you really are. sign up required.

★FREE Before & After results

Class sizes are limited so sign up today!

BODYFIT * info@bodyfitmi.com * 248.305.8414 * www.bodyfitmi.com