

BODY BLITZ BOOT CAMP

Monday, Wednesday or Friday 9:00 a.m.

Session I January 11 – February 5

Session II February 15 – March 12

Session III March 22 - April 16

Certified personal trainer Dominic Frazier will take you through a new kind of workout incorporating nutrition, fat loss and total body conditioning. These training sessions will combine strength training, cardio, plyometrics, and metabolic conditioning. Participants will receive a before/after assessment using our state of the art BODY AGE system, a 4 week nutritional plan, and an exercise program to follow on days that Body Blitz does not meet.

4 week session, Member \$79, Non-Member \$109

Choose from a minimum of the two days offered.

