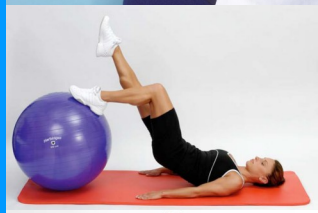
LADIES Fitness Camp

Be inspired, motivated, and supported in a team environment! Workout will address key fitness elements of:

*balance
*stability
*endurance
*strength
*flexibility
*agility
*power



Participants will be challenged to allow for progressive results using calisthenics, cardio/drills, yoga, plyometrics and a fun variety of fitness equipment.

All fitness levels are welcome!

Tuesday & Thursday
8am-9am
$80/monthly

EMPOWER YOUR LIFE!
LIVE WELL!
LOOK FABULOUS!