



HARDBODY FITNESS BOOT CAMP

3 days a week

\$79 a month

Time:

5:00am MWF

6:00am MWF

9:30am MWF

4:30pm MWTH

5:30pm MWTH

6:30pm MWTH

Location:

15130 Nacogdoches

At Judson Rd.

Mac Arthur Park

1611 NE Loop 410

2938 NE Loop 410

Next to the Rialto

FREE Trial
Session

Free Meal
Plan

Free Grocery
List

HIIT workout

Nutritional
Counseling

Motivational
Coaching