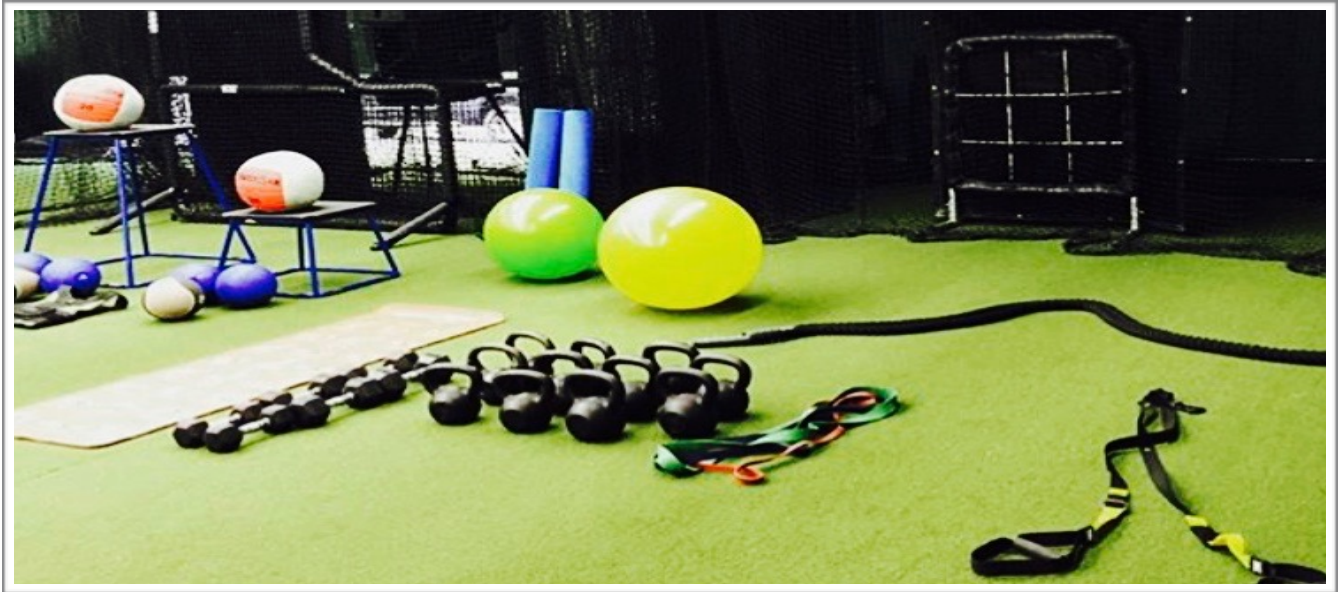


# UTM FITNESS CAMPS: Ultimate Training Method & Core Fitness

**NEW YEAR + NEW OUTCOMES + NEW ULTIMATUM =  
**NEW YOU!!****



**Come to Up The Middle to fulfill your fitness goals!**

**WHERE:** 201 Old County Road, Belmont 94002  
**WHEN:** Tuesdays @ 11:00am & 4:00pm  
Wednesdays @ 4:00pm  
Thursdays @ 11:00am & 4:00pm  
**COST:** **ONLY \$10/session (introductory price)**

**INCREASE ACTIVITY LEVEL \* INCREASE FITNESS LEVEL  
SHED EXCESS WEIGHT \* BUILD LEAN MUSCLE**

**Focus:** High Intensity Interval Training, Core Stability, Posterior Strength & Functional Fitness

Medballs • Stability Balls • Power Balls • Kettle Bells • Ropes • Bands • Body Weight  
And all sorts of other fun gadgets and devices!

Personal Training is also available.

Contact us at: [christian@upthemiddle.net](mailto:christian@upthemiddle.net) | 650-387-5895 | [www.upthemiddle.net](http://www.upthemiddle.net)