

A New Body. A New You!

TABATA BOOTCAMP™

Tabata Bootcamp is coming to Community Fitness!

Tabata Bootcamp takes small group training to another level. Wendy McKenney will teach the group highly efficient and effective exercises, and provide sound nutrition advice with a focus on creating positive, healthy habits. The group will meet three times per week, for a 30 minute Tabata class, and participants will have access to the Tabata Bootcamp Website, 24/7! The website will feature a different 6 minute Tabata Workout for the entire 8 weeks!

Fitness assessments (including weight, measurements, BMI) will be performed every two weeks.

Cost is \$99.00 (due on 3/9)

Access to the website: \$4.95 per month

Total Cost for the 8 week Program is \$108.90

Class Size is limited to 12 people, so contact Gayle or Wendy to reserve your spot!

Sign up for Tabata Bootcamp™ Today!

Fitness Facility or Company Name:

FRIENDS OF COMMUNITY FITNESS

Tabata Bootcamp™ Instructor:

WENDY MCKENNEY

Bootcamp Duration:

8 WEEKS BEGINNING 03/09/15

Bootcamp Class Days/Times:

TUES@5:00PM, THURS@6:45PM, SAT 9:30AM

www.TabataBootcamp.com



HIGHER INTENSITY. SHORTER DURATION. POWERFUL RESULTS!