

CHALLENGE your body ◇ LOSE inches / bodyfat
GAIN muscle / confidence ◇ FEEL inspired / energized
GET motivated / healthy ◇ INCREASE energy/endurance

LIVEFIT TRAINING PRESENTS

BOOTCAMP

A workout that combines powerful and effective strength drills with dynamic cardio intervals to give your body a calorie burning jumpstart and maximize your fitness potential.

-Adapted to all fitness levels-

6 WEEK SESSION

\$84

1X / WEEK

\$144

2X/ WEEK

*Drop-ins Available

MAY 16TH– JUNE 22ND

**MONDAY & WEDNESDAYS
@ 6:30PM**

LOCATION: Beban Park

*Each class is different and may combine the use of bands, medicine balls, bosus, balance boards, TRXs, stability balls, agility ladders, speed chutes, tandem tows, yoga inspired stretching & more!

