

It's time to ...

getF.I.T.

Functional Interval Training

getF.I.T. invites you to join...

BOOTCAMP

Lose those unwanted pounds; shrink away the inches; gain lean, strong muscle and turn your body into a fat burning machine through this hour long, total body workout!

Anytime Fitness

(2886 E Dupont Rd)

Monday – Friday

6:00-7:00am

\$200

Monday, Wednesday & Friday

6:00-7:00am

\$150

Tuesday & Thursday

6:00-7:00am OR 7:15-8:15pm

\$100

Sign up today!

Getfitfw@gmail.com

260.609.4958

www.getfitfw.com



Premiere Dance Company

(404 S. Scott Rd)

Monday, Wednesday & Friday

6:00-7:00am

\$150

*September classes begin

Aug. 30th or 31st and are completed Sept. 23rd or 24th.

"I just love Bootcamp! It's a total body workout that has drastically improved the way I feel, act and look. I recommend the class to all women and will definitely be doing it again and again."

–Chrissy, age 30