

NEW AT EURO STARS!

FITNESS BOOT CAMP

FOR ADULTS!

CONTINUOUS 4 WEEK PROGRAM SPECIFICALLY DESIGNED TO
GET YOU FIT AND KEEP YOU FIT!

LOSE UP TO 8 POUNDS IN ONE SESSION!



- Speed up your metabolism
- Lose fat and inches
- Tone and firm your muscles
- Increase strength and endurance
- Look better in that bathing suit
- Strive for better health



A FUN AND CHALLENGING WORKOUT!

	3 X/Wk	2 X/Wk
4 WK SESSION (55 min. class)	\$125.00	\$100.00
8 WK SESSION (55 min. class)	\$200.00	\$180.00



MON	TUES	WED	THUR	FRI	SAT
6:00-7:00		6:00-7:00	7:30-8:30		

STRENGTH ENERGY PERSEVERANCE COURAGE DISCIPLINE