

FALL CAMP FINISHER

# BOOT CAMP NIMKEE

IT'S  
**FREE!**

**WHY PAY  
MONEY?**

**AUGUST 29TH - SEPTEMBER 30TH**

**A 5 WEEK BOOT CAMP EXPERIENCE**

## **VARIOUS TYPES OF WORKOUTS:**

**CIRCUIT TRAINING**

**STAIR/HILL WORKOUTS**

**GYM WORKOUTS**

**MEDICINE BALL WORKOUTS**

**PLAYGROUND WORKOUTS**

**RUN/WALK WORKOUTS**

**EARN A  
NIMKEE  
BOOT CAMP  
FINISHER  
T-SHIRT!**

**FOR MORE  
INFO  
CONTACT  
JADEN @  
775-4694**

## **NUMEROUS WORKOUT TIME OPTIONS:**

**MONDAYS @ NOON OR RUNNING CLASS @ 5:10 PM**

**TUESDAYS @ 6:45 AM OR @ 5:15 PM**

**TURBO KICK @ NOON OR RUNNING CLASS 5:10 PM**

**THURSDAYS @ 6:45 AM OR 5:15 PM**

**FRIDAYS @ NOON**

**WEEKLY CHALLENGES, NUTRITION COMPONENTS  
& BODY ASSESSMENTS INCORPORATED**

**BE A FINISHER AT FALL CAMP!**