

DO IT FOR THE HEALTH OF IT ...EXERCISE BOOT CAMP!

Lose Weight, Feel Great!



It's Your Health and Your Choice™

This Boot Camp is designed to provide you with aerobics (movement), strength (weights), flexibility (stretching), balance (Yoga) and stress reduction (guided meditation). Not just an exercise program as it also includes diet, support, and weekly weigh-ins with weight, BMI and Body Fat% tracking.

- All Boot camp exercise classes at **24 Pleasant Street at the Studio Suite.**
- Classes Mondays and Wednesdays at 4:30pm and 5:30pm;
4:30pm class (very low impact), 5:30pm (regular).
- Costs: \$10.00 per class. Pre-pay for March and April 2016 (2 days a week) and get two months for the usual price for one month,\$60.00!
Bring a friend and you both pay \$50.00 for 2 months!

2 month special! Now is the time to get in shape! This Spring Special is to help you get in shape for Summer 2016! BUT...you gotta start now!

The first step to getting anywhere is deciding you're no longer willing to stay where you are.

Class Leader: Marie Veselsky, Dietitian, MS, RD, LD, CDE, BC-ADM

For all programs call 603-770-4856 OR 1-888-444-1204

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