

THE FITNESS FACTORY BOOT CAMP



New day & time!

Wednesdays

9:15 AM - 10:00 AM

Starting March 2

Looking to increase your energy levels, **build muscle**, **burn fat** and **have fun** while doing it?

Boot Camp is a revolutionary fitness program which incorporates cardiovascular, strength and flexibility drills all in one workout.

During this class we will work the full body using **resistance training**, **body weight and functional exercises** combined with **cardiovascular interval training** to maximize your results and calorie burn in a minimal amount of time. This class will also include a warm up and full body stretch to reduce risk of injury and improve your flexibility.

So if you're looking to improve your fitness levels, change things up or get into the best shape of your life, Boot Camp is the class for you!

Special offer!

Four classes for \$50
for the first six (6) clients to sign up
for Wed. AM Boot Camp.

Special offer ends April 1, 2016. Cannot be combined with any other offer. Only one offer valid per client.

Space is limited*! Sign up today at fitnessfactorynh.com

401 Main Street / Unit #109
Salem, NH
(603) 458-2599
fitnessfactorynh.com

**Limit of eight (8) clients per session.*

FITNESS FACTORY

