

# THE FITNESS FACTORY HOLIDAY BOOT CAMP

**FOUR SESSIONS**

Nov 27 - Dec 18, 2017

**Monday**

7:00 PM - 8:00 PM

**Sign up by November 20th,  
get 4 sessions for \$59**

Registration after November 20th: \$70.

Stay accountable during the holiday season!  
This 60-minute boot camp-style class will include weekly weigh-ins combined with cardio and strength workouts. Don't let your workouts slide during this busy season!

- Weekly weigh-ins
- Boot Camp-style workout
- Cardio and strength training combination workouts
- 45-60 minute sessions



Space is limited\*! Sign up today at [fitnessfactorynh.com](http://fitnessfactorynh.com)

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

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

**FITNESS  
FACTORY**

