

# BOOT CAMP

★ 5 WEEKS ★

Saturday mornings @ 8.30am  
Next Class February 20

Each class is approximately 60 minutes. The main components will always be **warm-up, exercise** and **cool down**. The exercise focus of the class can be broken down into three areas: upper-body development (UBD), lower-body development (LBD) and cardio. Core exercises will be performed every session.. Optionally, you may wish to have an initial fitness assessment before you begin and again at least 4 months after a regular exercise program.

**Train with Justin at  
Grand Hall Studio**

**[www.StudioFitFusion.com](http://www.StudioFitFusion.com)**

217 Oak Street

Downtown Farmington

**Register: 651-460-2701**

**Get your body on track...2010**

**New routine every 5 weeks!**

**8:30am – 9:30am**

**\$10 Drop-in or Punch cards**

***Everyone WELCOME!***