

EXTREME METABOLIC BOOTCAMP



Workouts stale?

No enthusiasm?

Ready for a change?

**Press through limitations
& learn new exercises**

- ***Sandbags***
- ***Landmines***
- ***Dueling Ropes***
- ***Medicine Balls***
- ***Dumbbells***

**Classes are 45 minutes &
begin
Monday, Jan. 4th, 2010**

- **Monday at 6:15am**
- **Tuesday at 12 noon**
- **Wednesday at 6:15am**
- **Thursday at 12 noon**
- **Friday at 6:15am**
- **Saturday at 6:15am**

**Don't get shut out! Register in
advance for the days and times
that work in your schedule today!**

Call Jimi at (248) 735-8850 Ext 4063 for information.

Fitness member \$14.50 per class

Program member \$17.00 per class

DROP IN RATES: member \$17 program member 20

Classes are prepaid monthly at service center