



FITNESS BOOT CAMP

*A fun and challenging 4 week total body fitness program
designed to deliver maximum results.*

6:00 pm Weekdays

10:00 am Weekends

Fidalgo Pool in the gym or Storvick Park on nice days

www.DonSpurling.com

Session 1	Session 2	Session 3	Session 4
8/3 Tuesday	9/13 Monday	50/16 Friday	TBA
8/6 Friday	9/15 Wednesday	10/19 Tuesday	
8/10 Tuesday	9/20 Monday	10/21 Thursday	
8/12 Thursday	9/22 Wednesday	10/23 Saturday	
8/13 Friday	9/24 Friday	10/28 Thursday	
8/15 Sunday	10/1 Friday	10/30 Saturday	
8/17 Tuesday 5pm	10/5 Tuesday	11/1 Monday	
	10/7 Thursday	11/3 Wednesday	
	10/12 Tuesday	11/6 Saturday	
	10/14 Thursday	11/8 Monday	

Boot camp fitness is a full body strength training and cardiovascular exercise program. Anyone can join, the pace is set by the instructor as a goal only, you pace yourself as you improve (which you will). The class is in a group setting with no yelling or screaming, you will be motivated to do your best however. If you have a specific injury or discomfort while performing the routines, we can find alternative exercises to meet your needs. If you want to see total body results in a short amount of time, this is for you!

The cost is \$100 per session (10 classes)

Contact info: 360-770-0390

Email: BootCamp@DonSpurling.com