

NEW BOOT CAMPS

**Erin McMahon, Certified Personal Trainer
Register Early!**

Space is limited to 5 participants per class

Mondays & Wednesdays

6:00-7:00am
2/1/12 - 2/27/12

Tuesdays & Thursdays

6:00-7:00am OR 10:45am-11:45am
2/7/12 - 3/1/12

This team-oriented program is designed to help you increase strength, endurance, energy and confidence. The intensive workouts based on military techniques are guaranteed to be challenging, fun and rewarding! They will consist of a mix of calisthenics, body weight exercises, weight training and high intensity interval training.

**Cost for 8 classes: \$280 Full Center Members
\$360 Social & Non-Members**

To register, please contact
Erin McMahon at erinm@svjcc.org



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