

# Boot Camp

## Fall 2016

Saturdays - 7:30am - 8:30am

Session 3: Sept. 24 - Oct. 29

Session 4: Nov. 5 - Dec. 17

*No Class Nov. 19*

*Classes in Community Building*

Ages: 18+ \$48/Session

\$10 Drop-In Fee

Location: Parkside Park



**Trainer Anji Fazio**

Contact Anji

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UPPER GWYNEDD

**Fitness Boot Camp by Fazio5Fitness, LLC is a fast paced, high energy training system designed to push people a little bit further than they would normally push themselves in the gym alone. The idea is that everyone involved works at their own pace as they team up and work towards one goal, either in pairs, small teams of three or four, or as an entire group.**

### Program highlights:

- All Fitness Levels Welcome
- Focus on Abdominal Toning and Tightening
- Metabolism Boosting & Fat Burning
- High Intensity, High Energy Workout
- Muscle Shaping Full Body Workout

**Register Online**

**[www.uppergwynedd.org](http://www.uppergwynedd.org)**

Please register at least 1 week prior to start date