

FALL/WINTER 2009 . . .

ADULT BOOT CAMP CONDITIONING

TRAINING ATHLETES
BUILDING CHARACTER
INVESTING IN LIVES



Do you want to improve or maintain your current fitness? Our indoor/outdoor military style fitness program is just what you need. Boot Camps are the current fitness craze because of their benefits and ability for everyone and all fitness levels to get an awesome workout and improve cardiovascular fitness, strength, speed, agility, power, balance, flexibility and more! Come ready for a great workout and a lot of fun!

Boot Camp begins August 3rd. Call to reserve your spot today as classes will fill up fast. Bring towel and water, and get ready to work!

Adult Boot Camp

Mon & Wed 7:00-8:00 pm

Cost

Non-member \$50.00/month
Member \$25.00/month

Arizona
HEAT

ARIZONA HEAT ELITE

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