



**"...Train HARD...
Train SMART...
Train TRUE!"**



BOOT CAMP

GET WITH THE PROGRAM AND INTO THE BEST SHAPE OF YOUR LIFE!

SESSION DAYS AND TIMES:

Tuesdays: 6-7pm

** Each participant should bring proper workout attire and a water bottle to each session. Ask about our other class options and personal/small group packages! **

COST:	Drop-In	\$15
	5 Sessions	\$60
	10 Sessions	\$100

TRUE BOOT CAMP IMPROVES:

- Speed
- Cardiovascular Health
- Strength
- Power
- Quickness
- Coordination

REGISTRATION:

1. Go to www.TrueFT.com
2. Click on "Registration"
3. Under the "Maryland" section, click on "Boot Camp Programs"
4. Click "MVAA Fitness Boot Camp"
5. Follow Prompts to Register and Pay Online

IF YOU HAVE ANY QUESTIONS OR WOULD LIKE MORE INFORMATION ABOUT THIS PROGRAM, PLEASE CONTACT:

Matt Diener, cscs
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