

MARCH 24 ~ MAY 14, 2010

BOOTCAMP BLAST

Get **ripped** and take
your fitness to a brand
new level with this high-
intensity **BOOTCAMP.**

But be **ready** to push
yourself way beyond
what you **ever**
thought you could do!



POWER
SHACK[®]
FITNESS CENTERS

Contact **Nick**
For Registration

Phone:
(614) 771-8873

E-Mail:
npicolo@PowerShackFitness.com

Join a group of highly-
motivated people, two times
per week for 8-weeks to
loss weight, strengthen and
tone your muscles, tighten
and shape your core and
amp your aerobic fitness!

**Class size will be limited
so register early to
secure your spot.**

\$129 for members
\$149 for non-members

..... **a stronger, leaner, fitter you!**