

Boot Camp in Elmwood!

Josoff Training LLC

It's time to get into shape!

When: Fridays - 6:15 am - 7:15 am

Saturdays- 6:15 am - 7:15 am

Wednesdays: 6:30 pm to 7:30 pm

Where: Flying Wheels Fun Center to start with

Try the class for 4 sessions for free!

Boot camp is a work out that is designed for weight loss, strength, and endurance.

Work at your own pace!

Bring a friend!

Classes beginning Friday, May 1st!

\$10 per class and it will be billed monthly but discounts are offered for those that want to sign up and pay in advance for 3 months, six months, or 12 months.

Monthly: \$80 - 2 workouts per week
\$120 - 3 workouts per week

3 Months: \$192 - 2 workouts per week
\$288 - 3 workouts per week
(\$8 per class @ 3 month rate)

6 Months: \$336 - 2 workouts per week
\$504 - 3 workouts per week
(\$7 per class @ 6 month rate)

12 Months: \$576 - 2 workouts per week
\$864 - 3 workouts per week
(\$6 per class @ 12 month rate)

Instructor will be Annette Eggert. She is certified in Boot Camp and will make sure you are getting the most from each session.

For more information or to register contact Annette Eggert at:

402-490-9959

